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March 11, 2018

AMÀRE MARBELLA BEACH HOTEL

Travel



The Costa del Sol... not exactly our first choice of destination for a weekend away but that was before we discovered the [Amàre Marbella Beach Hotel](#). Becky reports on her stay...

I heard something on a TED talk recently that really resonated with me, it said – "Almost everything will work again if you unplug it for a few minutes, including you".

I don't spend enough time relaxing, the type when you switch off completely and forget what day and time it is, because the only schedule you're on is from sunrise to sunset.

What I am about to say might sound barbaric, but bear with me. For a weekend of rest and relaxation, I am jetting off to Marbella. The raucous party town, home of super yachts, and a lot of people who aspire to have one, isn't the sort of place I would equate with recharging my batteries, but this was before I discovered the Amàre Marbella Beach Hotel. An adults only spa hotel in a secluded bay close to Marbella's Old Town.

I depart London Stansted at 7am on Friday morning and by midday, I am sitting on a sun lounger, sipping Pina Colada's at Amàre's private beach club.

I am all for lying on a deserted beach enjoying the soothing effect of the ocean, but I equally enjoy lounging on a padded sunbed, pressing a call button every time my Sangria runs low or when I want to order another Crab & Prawn salad with tobiko and shiso leaves (and a side of fries...)

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Photo: Amàre Marbella Beach Hotel

The service is impeccable. As you walk through the hotel there is a feeling that you're being looked after. Everyone greets you with a smile and nothing is too much trouble.

The bedrooms are as you would expect for such a polished, airy modern hotel, with added luxuries like fluffy duvets and a premium mini bar. This hotel also boasts the only rooftop bar in the Old Town – an ideal place to indulge in a sun-downer and the last of the day's sunshine, with panoramic views as far as Gibraltar and Africa. As the temperature drops the outdoor heaters and blankets come out so you can snuggle down under the stars.





Photo: Amàre Marbella Beach Hotel

Like most luxury hotels, there is a spa, however this one includes a hydrotherapy and treatments by Germaine de Capuccini.

If you're one of those people who likes to go to the gym on holiday then you'll be pleased to know they have a fully equipped Technogym. If like me, you're a bit more zen then you can sign up for the sunrise beach yoga before breakfast – which, by the way, is outstanding. Each morning I am spoilt for choice with an array of fresh waffles, smoothies, exotic fruit platters, a range of probiotics and every type of milk you can imagine, allowing me to indulge my penchant for oat milk lattes.

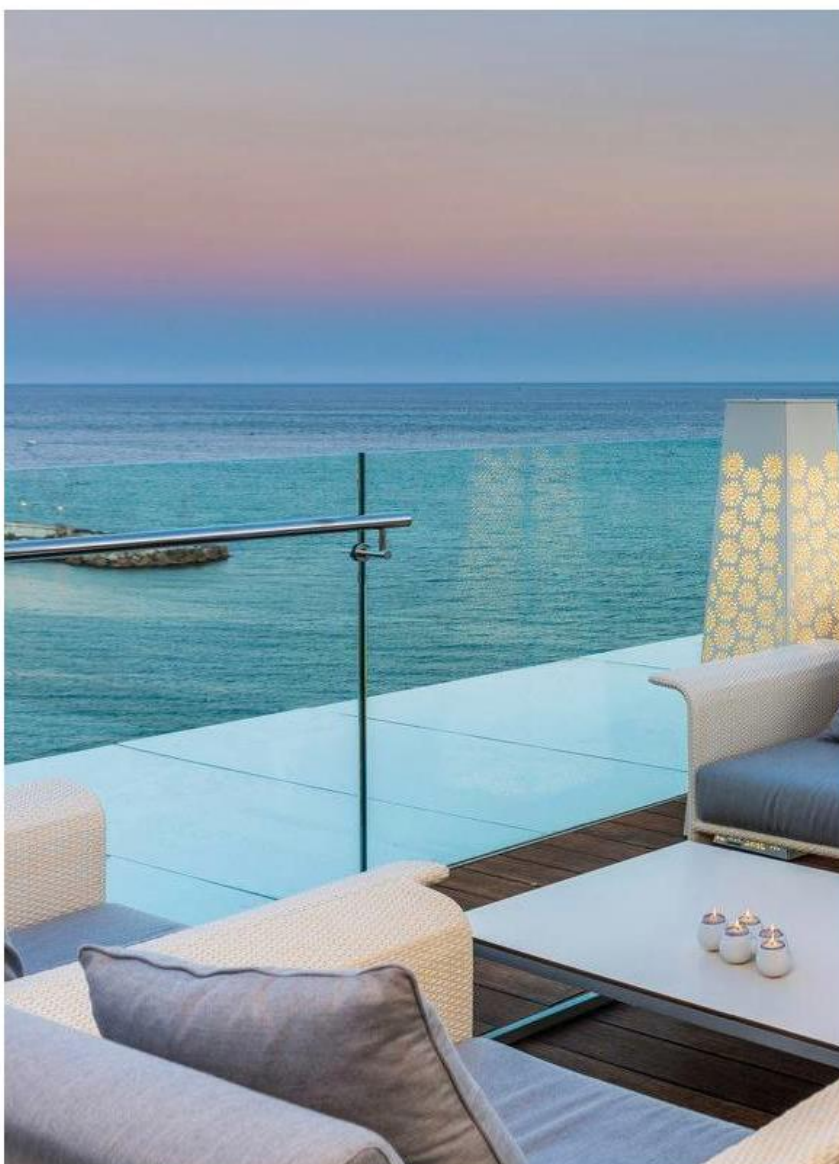


Photo: Amàre Marbella Beach Hotel

Amare Marbella Beach Hotel have thought of everything, from the chilled vibes around the pool, beach club complete with afternoon DJ's to the rooftop bar cocktail bar.

You don't ever need to leave the hotel, but if you want to do some exploring, you can hire a push bike from reception and sail down the promenade with the sea glistening in the afternoon sun. It stretches 8km to the port which makes it a great little running route along the coast.



Photo: Amàre Marbella Beach Hotel

Marbella Old Town is just a short walk away through cobbled streets lined with sweet bougainvillea, where you'll see locals sitting quaffing red wine and eating Tapas, attempting to escape the tourists heading on mass to the Puerto Banús party scene.

And on that note, there are some great new restaurants popping up away from the typical Marbella realm. We visited Bao Garden up in the hills, it's hidden garden is like stepping into a jungle decorated with palms and sprinkled with festoon lights. They serve up Taiwanese steamed buns, our favourite being the braised beef which melted in our mouths and the tuna tartare stack which was fresh and spicy. They like to keep it simple, but the flavour combinations were amazing, particularly the colourful Poke bowls and extensive cocktail list. We might be thousands of miles from the East, but being tucked away in Bao garden had a certain charm we only thought possible in bustling Bangkok.

Now for some fitness... Throughout my stay, I am expertly guided by the Marbella Tourism Board who seem to know all the best places to hike and are conscious to pepper little bits of history along the way. Make sure you work in a trek to the southernmost part of the Sierra de la Nieves, the peak of La Concha, to enjoy incredible vistas of the Mediterranean Sea and botanical wildlife.

After 3 days in the Spanish sun, eating fresh delicious food and lapping up the vitamin D, I arrive back at my desk on Monday morning, feeling refreshed, recharged and visibly glowing.

Sometimes a little time out in the sunshine does you the world of good, and there's no better place to be looked after than at the Amàre Marbella.

Nightly rates start from £128 in a 'I Was Here' room on a bed & breakfast basis (non-refundable rate) including complimentary daily sunbeds, use of the gym and WiFi. A minimum stay is required on selected dates. [Click here to book](#).

By Becky

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