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HEALTHY MIND

Review: Amare Beach Hotel Marbella

Here's why you should consider Marbella as your next wellness holiday destination...

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With a prime position overlooking Marbella's beachfront promenade, that's strolling distance from the beautiful Old Town, the Amare hotel has plenty to boast about! Arriving with my partner to a chic and contemporary room (which set the tone for the rest of the hotel!) called "Oh Là Là The One" it certainly lived up to its name, with a balcony overlooking the beach, stylish decoration, as well as being very spacious – we didn't know what to Instagram first! Although the champagne which was just waiting to be popped quickly helped us make up our minds! It's worth knowing that staying in one of these rooms means you also enjoy access to the lounge, with snacks and drinks available from 11am to 11 pm, a relaxing water circuit per day at the spa by Germaine de Capuccini and a 10 percent discount at a wide range of local restaurants, bars and businesses. The best part of this hotel is its mix of wellbeing, health and relaxation but it also caters to those who want to enjoy a little more entertainment and nightlife in the evenings, too with a jam-packed schedule throughout summer of live performances and events. Amare's amenities extend to a wood-decked pool terrace, beach club, luxurious spa with a superb hydrotherapy circuit, Turkish bath, gorgeous relaxation rooms and a range of pampering body and facial

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treatments to name a few, as well as a multi-award winning Messina dinner restaurant, Mare Nostrum restaurant for a buffet breakfast, gym, lounge and our personal favourite – the BELVUE rooftop bar. It's safe to say you could quite easily spend your entire holiday duration here due to the extensive and luxurious facilities!

Our stay was a half board basis and on the first evening we ate dinner while being entertained by live music, something the Amare prides itself upon, with a wide range of artists and bands performing most evenings. The following day we leisurely woke up and enjoyed breakfast on the terrace of the Mare Nostrum restaurant that overlooks the pool and beach. The buffet does not disappoint with a huge variety of cooked foods, fresh fruits, cheese, meats, pastries and even champagne on offer. I enjoyed watching one of the chefs whip up a fresh omelette right before my eyes too, all with my choice of ingredients.

We also took time to pamper ourselves in the spa by Germaine de Capuccini. If the the experience of lounging in pools, hot tub and steam rooms wasn't relaxing enough either, we had booked our hydrotherapy circuit which meant we had the entire facilities to ourselves for a whole hour. Feeling suitably spoilt, my experience continued to get better as I enjoyed an Al'BaoBab massage which is inspired by the Oriental technique of Shiatsu. The treatment lasted for 50 minutes and my masseuse informed me that the treatment is hugely hydrating for skin which was a huge benefit. Feeling rejuvenated, we headed down to lounge by the pool and soak up the atmosphere. Later that evening, we headed up to enjoy drinks on the rooftop bar and took in the stunning views as the sun went down.

With only a two night stay, we felt very sad when the time came to check out and could have easily spent an entire week at Amare. All of the staff were helpful, friendly and went the extra mile to ensure we had a good stay. It's safe to say we can't wait to book our return trip!

Must-do's at the Amare:

- Try the spa
- Enjoy an afternoon lounging by the pool with the waiter service to bring you plenty of food and drinks
- Experience the roof top bar and delicious cocktails
- Hire one of the bikes provided by Amare and use this to explore the Old Town

For more information visit: amarehotels.com



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