

# Spa Retreat El Andalus



## *The El Andalus FREE Spa Weekend Competition*

### *The Competition Rules*

1. You have left your details by filling in the Apply Now Form. (You can find this tab, at the bottom of every page on the website).
2. We enter your details into our Quarterly Competition.
3. We draw your name from the Quarterly Competition list.
4. We contact the winner by Telephone to announce that they have won. (So please fill in the form correctly).
5. The competition starts on the 1st of every month and finishes at the end of each Quarter starting from January 1st 2023. (It starts again from the 1st day of the next quarter).
6. The FREE Weekend may be in Spain or the UK. (You may choose which you would like).
7. The quarterly winners will feature on the Winner List on the gallery page. (With their permission).
8. "Good Luck".

*We are developing Luxury Spa's in Spain*



*El Andalus are developing ten special luxury spas. Every one of our new private members' spas will be located in Spain and her associated islands. From quiet rural retreats to the sandy volcanic beaches of the Canary Islands, we have hand-picked our luxury spas properties with love and care. Everything we do is designed with our guests in mind, to cater to all of our special guests' wellness needs.*







## *Helping your everyday wellbeing*

*Your mental and physical wellbeing plays an important role in your overall health and also how you deal with difficult and challenging situations. Why not learn how to take care of your wellbeing at one of our Spa Retreats.*



All of the Spa Retreats at El Andalus have one thing in common: they are all luxury and they are only for you, our Private Members.

They offer a safe space for our members to relax and pamper themselves in. A luxury spa experience should do more than just pamper your body. It should indulge all of your senses and restore your well-being. A luxury spa experience is an escape from the stresses of a busy lifestyle and provides the opportunity of self-renewal.

Subdued lighting & bright rays of Spanish sunshine, soft music, the sounds from nature, great food and wine, incense, beautiful flowering plants, and a sincere smile at the front desk set the scene for relaxation at El Andalus Wellness & Spa Retreats.

We look forward to seeing you very soon.





*Noble deeds and  
hot baths are the  
best cures for  
depression*

*There must be quite a few  
things that a hot bath  
won't cure, but I don't  
know many of them.*



# Weight Loss & Wellness Retreat

If you are thinking about losing a little weight, our luxury retreats are an excellent way to kickstart your weight loss journey and avoid weight fluctuation through crash and fad dieting. Unsurprisingly this is one of the most popular wellbeing holiday escapes as people want to lead healthier lives and look better by getting close to their ideal personal weight.

Whether you're starting a completely new fitness journey or have plateaued and need some extra help to lose a bit more weight and reach the next level, there's truly something for everyone at El Andalus. At our wellbeing retreats we include rejuvenation and relaxing sessions, as well as yoga classes and other spa treatments, to ensure your wellbeing experience transcends only exercise and cardio sessions.

It's all about learning how to adjust your lifestyle – and what better way to do that than when you are away from your day-to-day stresses and routine. Your personal Chef will be happy to give you expert nutritional advice as well as the necessary guidance to continue your weight loss once you are home to achieve sensible, sustainable weight loss.

Knowing how and why different food affects you is key to your weight loss, health and wellbeing. We will certainly help you to lose a little weight and you have the opportunity to learn while staying with us.

Losing weight is as much about education as it is about how you exercise, and during your VIP visit you'll be provided with the tools to turn short-term results into long-term success.







Losing weight is a very personal journey and there is no such thing as one size fits all. You can choose to go back to nature, relax in the garden and simply count the calories or do a gentle workout by the swimming pool with one of the team. The choice is always yours.

Yes, losing weight can be a pain. However, at El Andalus we have wonderful female head chefs who have a lifetime's experience of preparing healthy Spanish cuisine, (being Spanish helps).

Weight loss is not all about sticks of celery and boring biscuits. The idea is to consume foods which are easily digestible and nutritious, and which encourage your body to use up all of the goodness in the food.

It is as simple as that. It is not rocket science, nor does it need to be daunting or painful!

When you arrive at the spa, introduce yourself to the chef. The chefs will chat with you about your requirements and your aims while you are our guest, ensuring that you receive their expert advice on what your body needs.

Our Wellness Retreats are a fantastic way to kick-start the process of losing a little weight while you are with us. However, if you wish to put a few pounds on, then our candlelit Champagne BBQs are legendary.

As our special guest the choice, as always, is yours. So whether you're trying to shed a few pounds, starting on a long-term lifestyle change or wanting to turn a few heads on your arrival back home, our professional chefs will guide you on the best way forward while you are with us.





*Life's A Beach*

*Soft sand, rolling waves and endless  
sunshine. What's not to love?*



# Finding the Road to Happiness



What can you learn from your jolly always-smiling friends?

A lot, say researchers.

What are the benefits of friendships?

Good friends are good for your health. Friends can help you celebrate good times and provide support during bad times. Friends prevent isolation and loneliness and give you a chance to offer needed companionship, too.

Friends also play a significant role in promoting your overall health. Adults with strong social connections have a reduced risk of many significant health problems, including depression, high blood pressure and an unhealthy body mass index (BMI). In fact, studies have found that older adults who have meaningful relationships and social support are likely to live longer than their peers with fewer connections.

Many adults find it hard to develop new friendships or keep up existing friendships. Friendships may take a back seat to other priorities, such as work or caring for children or aging parents. You and your friends may have grown apart due to changes in your lives or interests. Or maybe you've moved to a new community and haven't yet found a way to meet people.

Developing and maintaining good friendships takes effort. The enjoyment and comfort friendship can provide, however, makes the investment worthwhile.





# Pampering & Spa Treatments

Because you are visiting a climate which is usually warm and dry, why not start with one of our special facials, or indulge yourself and have a massage while you watch the sun go down in the evening?

Our massages include full body massage, facial massage and hand or foot massages.

You may like to pop into the bath house for a water spa and wrap. This is the perfect tonic for combating cellulite and reducing water retention. Or how about a hydrotherapy treatment, such as whirlpool aerobics and hot tub therapy, you choose, it's your day.

Alternatively, simply find a comfortable lounger and get busy with a bottle of fizz and a natural body tanning session.

The choice is yours, do whatever makes you happy.





# The Benefits of an El Andalus Luxury Spa & Retreat Membership

There's nothing more luxurious and relaxing than a trip to the spa. However, in the UK we are not known for endless sunny days. We live on a stunningly beautiful island and it's a wonderful place, but we do not get a lot of really great weather. So just imagine a trip to your own private members' spa in sunny Spain for a long weekend or a few weeks of pampering. It should be double the pleasure.

At El Andalus we're passionate about offering a splendid and unforgettable spa retreat to you, as our special guest.

After landing at the airport you will be chauffeur-driven to our secret spa. On arrival at the spa, you will be greeted by our friendly staff and offered a complimentary glass of the finest Spanish bubbly, or you may choose a soft drink instead.

Your luggage will be delivered to your room; you could unpack your own cases or one of our staff can unpack for you. Then you can start to relax... and planning your week. We strongly suggest that you kick off your shoes and recline on a lounge in the garden under one of our tropical palm trees, and have an hour to yourself before planning your week.

We want you to be happy, your happiness is our number one priority.





# Ladies and Gentlemen who join our club

El Andalus Spa Resorts offers all of our guests space and time to relax.

Whether you have joined one of our Retreats for some social time or alone time, we will have some very cool classes should you wish to join in. How to chase butterflies around the garden and how to wash a donkey are both very popular. But seriously, our El Andalus membership is all about girls and boys being relaxed, feeling well and reconnecting with one another in an adult environment.

It offers a feeling of inclusiveness and creates a non-judgemental environment where you can do your own thing in good cheer, however you choose it do it. Let's be honest, just entering a spa or gym in the UK can be a very daunting prospect for some of us. Some busy UK health spas are anything but relaxing and without calm interaction with other people they can be unhealthy.

On the other hand, spending too much time alone with your thoughts without interaction with other people or with one another can get very lonely. Establishing healthy relationships and growing as a person is very important. At its core, El Andalus is all about people and their mental and physical wellness.

We offer a luxury experience, we put consciousness, space to think and time to relax at the heart of what we do. Through our flexible private membership scheme and collaborative wellness retreats we seek to champion and elevate the conversation about diversity, equality, inclusion and mental wellness.





## We Guarantee Luxury

Because you are a private member and we know when you are arriving and departing, we are always ready to receive you. We know what you like, what your food preferences are, what you like to drink, your perfect imperfections and your quirks. You are not just another face in the crowd. You are part of the El Andalus family.

It can be very hard to afford the time for relaxation day-to-day, with the humdrum demands of everyday life. Not to mention looking after the kids, partners, school runs, work and the weekly shop. We all know that stress can make us very unhappy. So assigning yourself some 'me time' and popping off to get a little sun, blue sky and Vitamin D can be extremely beneficial.

Come and stay with us for a long weekend or a full week or two and we promise to shower you with lots of attention.





## *Loneliness?*

*We all feel lonely at times – it's a natural human emotion. We're biologically wired for social contact, and loneliness is our signal that we need more. Feeling alone is not permanent, it depends upon your mindset and how you convert loneliness into togetherness and happiness.*





## It's Private Members Only

Membership is by invitation only, allowing you, as a guest, to feel at home every time you visit, and affording you time to wind down and relax at your own private club. Visiting a spa is a fantastic way to relax and de-stress. However, some spas can get very busy, and they can be anything but relaxing. Each wellness spa will only ever have a maximum of ten superbly appointed, luxury bedrooms per resort. We are beautifully bijou, being big enough to offer a comprehensive range of treatments and facilities but small enough to care. Being small allows our staff to give you the personal service which you deserve 24/7; nothing is too much trouble. So come and relax with us, in your little piece of paradise.

Contact us now to discuss membership.









## Contact us

Call us today on **01832 864020** or **07580634449**

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