



fit for anything


Shape up with beach bootcamps, Alpine hikes or surfing in the swell

MARBELLA CLUB
Marbella, Spain

The glitziest resort in Marbella (Brigitte Bardot was a regular in the 1950s, and you can't move for Chanel totes by the pool) is also where you'll go to get fit. Make tracks to the airy, 24-hour gym for cardio blasts and TRX – otherwise, for something more meditative, there's sunrise

Vinyasa on a glorious jetty (mats are stashed in the elegant, Moorish-inspired rooms) and an al fresco aerial yoga space. Here, you'll perform classic asanas like backbends, half-moons and triangle poses beneath a canopy of pines, supported by jade-silk hammocks: it's challenging but the pull of gravity releases stiff spines gently, and the final shavasana, as you hang weightlessly in your silk cocoon, is soporific. For those who like to stay on terra firma, join a hike to La Concha mountain or race along the coastal paths on a bike. In the spa, the massages are performed by therapists so intuitive they verge

on telepathic; while over in the holistic studio you can have a naturopathic consultation, join raw-cookery workshops and brew teas using herbs from the garden. Lunch is waistline-friendly grilled lobster and gazpacho at the MC Beach Club – though for something more medicinal, a minty Sau Sau (the signature cocktail at the Summer Bar) can't be beaten.

 *Healing Holidays* (healingholidays.com/tatlerspaguide; 020 7529 8551) offers a four-night Mediterranean Lifestyle programme from £1,760, including breakfast, flights and transfers. **Tatler Exclusive offer** see p.75