



TREATMENTS

SURRENNE

2025



NEW
WORLDS OF
WONDER

04	SURRENNE SIGNATURE FACIALS
06	DR. MACRENE
08	FACEGYM
11	TREATMENT ADD-ONS
14	LONGEVITY
16	MASSAGE
19	EXPERIENCE SURRENNE TOGETHER
21	WET ROOM EXPERIENCES
25	MASTERS IN RESIDENCE
30	HEALTH AND WELLNESS

COLLECTION

ONE

SURRENNE
SIGNATURE
FACIALS

SURRENNE GOLD FACIAL:
HYDRATE, ILLUMINATE,
GLAM

(60 MINUTES / 90 MINUTES)
£250 / £330

Unlock the skin’s natural powers of healing and rejuvenation. This groundbreaking treatment, combining four vital technologies – Oxygeneo, Tripollar RF, ESA and Ultrasound – offers immediate radiance to the complexion of the face, neck, and décolleté by replenishing oxygen and promoting renewal. Following a thorough consultation, the process is tailored to the individual skin-care requirements of every client and is boosted by the application of a specially developed Geneo Serum rich in essential Vitamins E and B, as well as Hyaluronic Acid.

SURRENNE DETOX:
GREEN TEA FACIAL

(30 MINUTES) £160

Harnessing the well-documented and fortifying properties of the tea leaf at its most ripe, the Surrenne Detox Green Tea Facial was developed to boost the skin’s ability to resist external stressors. Powerful antioxidants supplied by Copper Gluconate and Green Tea Extract are a first defence against the free radicals commonly found in urban environments. Further benefits of these properties include refining skin texture and lending a bright, more clarified appearance. The equivalent of drinking a daily cup of warm tea, the effect is one of balance, rejuvenation, and joy.

SURRENNE BALANCE:
CHARCOAL FACIAL

(30 MINUTES) £160

For skin seeking equilibrium, and relief from the effects of excess oil, charcoal has been used for millennia as a curative friend. An abundant natural resource, the Bamboo strain is particularly effective at detoxifying and soothing the body’s largest organ. Used here in combination with Camu-Camu extract, which is infused with vitamins and antioxidants, the effect is one of instant gratification and harmony. Skin enjoys a lasting, healthy appearance and is spared the worry of excess shine.

THE LYMA
PRO FACIAL

(60 MINUTES) £250

Like a harmonious pas de deux, this treatment is a dance between LYMA’s award-winning laser technology and the massage techniques of world-leading facialists. The result? Skin that’s instantly firmed and fully refreshed. Once the skin is prepped, a stimulating hands-on massage with the low-level LYMA laser promptly lifts and sculpts the face. An oxygen-rich mask seals in the work while the massage moves onto the scalp, tension melting away with each touch. To finish, LYMA Serum and Cream is smoothed onto the face in gentle layers, the transformative power of epigenetic skincare fortifying the skin.

DR. *MACRENE*

DR. MACRENE ALEXIADES HOLDS THREE DEGREES FROM HARVARD UNIVERSITY. HER PRACTICE AND ACADEMIC WORK ARE FOCUSED ON TOPICAL DERMATOLOGIC REGENERATIVE THERAPIES, LASER TECHNOLOGY AND SKIN REJUVENATION. HER RESEARCH ON CLEAN BEAUTY DATES BACK OVER 40 YEARS, AND HER OWN SKINCARE LINE, MACRENE ACTIVES, WAS FOUNDED IN 2020.

THE MACRENE METHOD

THE MACRENE METHOD
SUPREME

THE MACRENE METHOD
BODY

COLL. 01

(60 MINUTES) £300

(90 MINUTES) £370

(60 MINUTES) £300

P. 07

This 60-minute facial is designed to rejuvenate, restore, and visibly lift, It incorporates Dr. Macrene’s award-winning products and industry-leading technologies; LED-light therapy, ultrasonic extractions, and micro-current toning. This transformative ritual works across the face, neck, and décolleté. This treatment will result in a sculpted and designed visage, with visibly nourished and radiant skin.

This 90-minute facial begins with a meticulous cleanse and LED activation. The ritual continues with ultrasonic extractions, ultrasound infusion, and radiofrequency lifting, in a standout example of Dr. Macrene’s regenerative philosophy. Next, a sequence of sculpting massage and cryotherapy enhances tone and luminosity, while potent actives target each layer of the skin. The result is visibly firmer, clearer, and beautifully radiant skin.

This results-driven body treatment harnesses the power of Dr. Macrene’s high-performance skincare, beyond the face. Industry-leading equipment allows the thighs, abdomen, and arms to be targeted with a deep precise clinical approach. Toning, smoothing, and firming are achieved through a combination of deep infusion, focused massage, and bespoke Dr. Macrene body formulations. This transformative ritual works in harmony with the facial protocols, allowing for a rejuvenating top-to-toe reset.

FACEGYM

FACEGYM IS THE ORIGINAL NON-INVASIVE FACE
WORKOUT AND ONLY GYM STUDIO FOR THE FACE.
FOUNDED BY FORMER BEAUTY AND WELLNESS
COLUMNIST INGE THERON, FACEGYM WAS BORN
OUT OF THE INSIGHT THAT REGULAR MUSCLE
MOVEMENT CAN CREATE IMMEDIATE AND LASTING
IMPACT ON HOW WE LOOK AND FEEL. FACEGYM
USES SIGNATURE MUSCLE MANIPULATION
TECHNIQUES , HI - TECH TOOLS AND THEIR OWN
AWARD WINNING SKINCARE RANGE TO LIFT, SCULPT
AND TONE THE FACIAL MUSCLES WHILST BOOSTING
COLLAGEN PRODUCTION FOR IMMEDIATE AND
LONG LASTING RESULTS.

FACEGYM
ULTIMATE
LIFT AND GLOW

CRYO MEDI LIFT
WORKOUT

FACEGYM
CRYO CONTOUR

FACEGYM
CLEAN AND LIFT

SIGNATURE
SCULPT

(90 MINUTES) £450

(60 MINUTES) £250

(60 MINUTES) £230

(60 MINUTES) £220

(30 MINUTES) £130

For those who desire synergy, this facial unites a multitude of methods for glowing, lifted skin. It begins with a collagen balm cleanse and deep tissue facial massage – unlocking natural oxygenation from within. In this boosted state, radio frequencies will stimulate skin tightening and increase firmness. An Oxypod gracefully follows, infused with gold flakes and a copper antioxidant. For the last act, layers of hyaluronic and collagen serums prepare the skin for the renowned FaceGym Pro EMS sculpting tool. A final flourish of hydration with the Oxygen Gun seals in the hydration - leaving the face lifted and spirit uplifted.

A four-part programme to restore life and vitality to the complexion. This treatment combines our signature muscle manipulation techniques with your choice of Medi-Lift EMS technology (face or eye), Active Roller (a non-invasive manual micro needling tool), or a high-pressure shot of Cryo Oxygen. To finish is a relaxing neck and shoulder massage.

Our most intense workout, this facial provides deep hydration and contouring, by combining FaceGym’s energetic Signature Sculpt with a potent shot of frozen CO2. The jolt to the system revitalises and

A vibrant treatment to reawaken, combining FaceGym’s energetic Signature Sculpt with a deep cleanse and a SKIN IV nutrient-rich infusion. The result is a noticeable healthy glow and more sculpted appearance.

The definitive FaceGym experience. This high-intensity facial workout combines our legendary muscle manipulation techniques with our results-driven skincare and EMS technology for a powerful face sculpting session that lifts and refines. It also stimulates collagen production, improves circulation, aids lymphatic drainage, and enhances definition of the facial contours.

FACEGYM
VITAMIN
BOOSTER

FACEGYM
CRYO OXYGEN
BOOSTER

FACEGYM
HYALURONIC ACID
BOOSTER

COLL. 01

£35 ADD-ON

£120 ADD-ON

£110 ADD-ON

P. 10

A quick, revitalising surge of vitamins A, C, E, and B5 to promote health and radiance.

A non-invasive and deeply hydrating booster for targeting dull, dehydrated skin. The frozen shot of CO2 also contains hyaluronic acid to plump fine lines, enhance skin texture and improve hydration.

A booster to amplify the skin-plumping and hydrating benefits of a FaceGym workout. Microneedles filled with pro-grade hyaluronic acid, peptides, and antioxidant Centella asiatica work to rejuvenate the skin from within, increasing elastin and collagen production. Each treatment includes a roller to take home and use again.

TREATMENT ADD-ONS

EACH ADD-ON IS THOUGHTFULLY CURATED TO
REFINE, RESTORE, AND AMPLIFY YOUR RESULTS,
CREATING A TRULY BESPOKE EXPERIENCE.
WHETHER YOU SEEK SCULPTING, HYDRATION,
OR RADIANCE, THESE INDULGENT TOUCHES
ARE DESIGNED TO COMPLEMENT AND PERFECT.
DISCOVER THE ART OF CUSTOMISATION – WHERE
EVERY DETAIL IS IN SERVICE OF YOUR SKIN.

PATCHES

SLEEP
HEAL
CALM

£15 ADD-ON

Ross J Barr patches offer targeted herbal support for a range of everyday concerns. The Sleep Patch features a curated blend of herbs like wild jujube seed, coix seed, and polygala to help calm the mind and encourage deeper, more restful sleep—ideal for those experiencing insomnia or disrupted sleep patterns. The Heal Patch provides natural, effective relief for common aches and pains, including menstrual discomfort, making it a convenient go-to for soothing physical tension. For mental clarity and emotional ease, the Calm Patch helps alleviate headaches, stress, brain fog, and neck tension with a thoughtful selection of calming herbs—each patch discreetly designed to deliver fast, focused support.

HYDROJELLY MASKS

HYALURONUIC ACID
ANTIOXIDANT GOJI
PURIFYING ACTIVATED CHARCOAL

£30 ADD-ON

Jelly Masks deliver targeted skincare benefits with rich, nourishing formulas designed to hydrate, protect, and purify. The Hyaluronic Acid Mask deeply hydrates and plumps the skin, enhancing moisture retention while supporting collagen synthesis for improved elasticity, firmness, and a dewy, supple glow. The Antioxidant Goji Mask, packed with Vitamin C, helps neutralize free radicals, promoting a radiant, even-toned complexion and offering powerful anti-aging benefits. For a deeper cleanse, the Purifying Activated Charcoal Mask draws out impurities while delivering antioxidant protection, leaving skin clear, balanced, and visibly refreshed.

VAMPIRE PLLA
MASK

£30 ADD-ON

THERABODY LED
MASK RITUAL

£30 ADD-ON

LYMA
LASER

£60 ADD-ON

The Vampire PLLA Mask contains a powerful blend of Collagen Restoration Infusion and Poly-L-Lactic Acid, formulated to boost natural collagen regeneration and gradually increase skin thickness for a smoother, more refined appearance. This advanced treatment helps restore facial volume and firmness lost through aging, delivering visible firming and plumping effects for a revitalised, youthful look.

Extend your facial or massage with a Therabody LED mask treatment, performed inside your private treatment room. Using advanced red, blue, and infrared light technology, this express ritual works to reduce inflammation, stimulate collagen production, improve skin texture, and reduce blemishes, all while calming and restoring the skin. This ritual has been specifically created to amplify the benefits of your primary treatment, and will leave skin looking visibly brighter, firmer, and deeply revitalised.

LYMA laser stimulates surplus collagen production in the dermis and epidermis, transforming fine lines and wrinkles in days. The treatment lifts, sculpts and tightens skin by stimulating the body’s production of collagen, reinforcing the extracellular matrix to empower skin and regain youthful elasticity.

COLLECTION

TWO

LONGEVITY

EXOMIND

PACKAGE OF 6: £4,200
SINGLE SESSION: £800
(30 MINUTES EACH SESSION)

Exomind is a powerfully transformative non-invasive brain stimulation therapy, designed to enhance cognitive function, emotional resilience, and overall mental wellness. Using ExoTMS, (a gentle form of Transcranial Magnetic Stimulation) EXOMIND delivers targeted electromagnetic pulses to key areas of the brain, which are linked to mood, motivation, and cognitive function.

NEURONICS LIGHT

(10 MINUTES) £35

Light therapy for brain performance and recovery. This noninvasive helmet uses near-infrared light to gently stimulate the brain, supporting energy production, blood flow, and neural repair. Backed by clinical research, it helps improve focus, memory, sleep, and overall cognitive function— making it ideal for recovery, mental clarity, and long-term brain health.

HYPERBARIC
OXYGEN THERAPY

£150 (60 minutes)
£200 (90 minutes)

Hyperbaric Oxygen Therapy immerses the body in a pure, pressurised oxygen environment to accelerate cellular regeneration and optimise vitality. This deeply restorative experience enhances cognitive clarity, energy, and recovery. A modern, science-led ritual designed to elevate long-term wellbeing.

RED LIGHT THERAPY

PRIVATE RECOVERY
SUITE

LEG COMPRESSION THERAPY
(ADD-ON)

(30 MINUTES) £80

(60 MINUTES) £120

(30 MINUTES) £50

Targeted red and near-infrared light to restore cellular energy and support optimal recovery. Harnessing clinically proven wavelengths, this advanced light therapy stimulates mitochondrial function, reduces inflammation, and accelerates tissue repair.

The Private Recovery Lounge Circuit combines three advanced therapies: compression therapy, hydrogen inhalation, and an infra-red and red-light therapy sauna. This holistic treatment aims to optimise recovery, enhance wellbeing, and improve physical performance.

Leg compression therapy gently supports blood circulation by applying controlled pressure to the limbs, helping reduce swelling and fatigue. Often used for recovery or chronic conditions, it brings a quiet sense of relief, easing tension and encouraging natural flow throughout the body.

COLLECTION

THREE

MASSAGE

I NEED IT ALL

TIME TO HEAL

(60 MINUTES / 90 MINUTES)
£250 / £320

In this tailor-made treatment, an in-depth consultation is conducted to understand your specific needs. A trained and multi-disciplinary therapist will then curate an hour-long service comprising massage techniques from different traditions, including deep tissue, Thai massage, Ayurveda, Shiatsu, and trigger points. This is a particularly effective approach for those suffering from specific aches, pains, or ailments and seeking targeted treatment.

DOWNTIME

TIME TO PAUSE

(60 MINUTES / 90 MINUTES)
£250 / £320

This restorative procedure begins with a full body massage, comprised of elongated strokes to enhance relaxation. The feet are then warmed, and reflex points are massaged. All of which takes place on the comfort of a heated water mat. A variation on Shirodhara, an Ayurvedic procedure in which warm adaptogenic oil is poured from a vessel onto the forehead’s third eye chakra. Here, the therapist conducts a similar routine by hand, followed by a deep head massage to improve sleep quality, relax the nervous system, and alleviate stress.

THE RECOVERY RITUAL

TIME TO RESTORE

(60 MINUTES / 90 MINUTES)
£250 / £320

Inspired by restorative movement practices, this magnesium-infused bodywork treatment releases muscular tension, improves circulation, and restores fluidity of motion. The ritual begins with a warm foot cleanse before tailored massage techniques and sculpting scraper work ease tightness through the legs, back, and upper body. A calming neck and scalp ritual with pulse-point application completes the experience, leaving the body grounded, supple, and renewed. The treatment offers an enhanced experience, incorporating a magnesium-rich foot soak and triple-action exfoliation, along with the signature banana stretch to encourage deeper mobility and release.

DEEP TISSUE
ADAPTOGENIC

TIME TO RELEASE

(60 MINUTES / 90 MINUTES)
£250 / £320

MATERNITY
MASSAGE

TIME TO REFRESH

(60 MINUTES / 90 MINUTES)
£250 / £320

FOUR HANDS ULTIMATE
SYNCHRONISED
CEREMONY

(90 MINUTES) £540

Adaptogenics are natural ingredients celebrated for their ability to calm and soothe. Supplied here in aromatic oil form, they are applied to the skin using a range of techniques, including deep tissue massage, stretching, infrared heat, live sound therapy, and biodynamic approaches to provide you with stress reduction, pain relief, emotional release, a sense of security and renewed confidence in your body. This adaptogenic massage goes beyond the surface, helping to shift energies, connecting you with your deeper self. Discover profound relaxation and balance.

Gentle, cautious, and attentive, this specialist treatment is designed for expectant and new mothers alike, from the second trimester through to post-partum. Emphasis is on the alleviation of muscle tension and fatigue, with gentle strokes applied to the whole body and specific areas of concern, while assisting to ease any other attendant discomfort during and after pregnancy.

The restorative power of touch is amplified in this transcendent treatment comprising simultaneous contact by two practitioners. A careful choreograph, formulated to alleviate tension at the deepest level of the muscular tissue, is facilitated by the use of adaptogenic Chakra oil. Adaptogenics are naturally derived extracts utilised to reduce stress. Here they infuse light, aromatic oils whose purpose is to both relax the body and gently reinvigorate its energetic systems. A combination of light strokes and more concerted pressure soothes the muscles and fascia, resulting in the rebalance of both body and mind.

EXPERIENCE SURRENNE TOGETHER

A SELECTION OF PRIVATE EXPERIENCES
FOR COUPLES AND DUOS – THE PERFECT
OPPORTUNITY TO RELAX WITH A FRIEND OR
LOVED ONE. PLEASE CONTACT SURRENNE
EXPERTS TO CREATE PRIVATE BESPOKE
RITUALS SELECTED FROM OUR EXTENSIVE
TREATMENT MENU.

MOTHER
AND DAUGHTER

COUPLES
RITUAL

COLL. 03

(60 MINUTES) £500 FOR TWO

(60 MINUTES / 90 MINUTES)
£500 / £640 FOR TWO

P. 21

A restorative way to consolidate bonds and spend quality time. Tune out from the world and unwind in our relaxing environs while enjoying a side-by-side massage. Relieve stress, experience deep muscular decompression, and relish in an aromatic ambience alongside the company of your nearest and dearest.

Experience harmony together, with a relaxing side-by-side massage specifically designed to balance the body’s energy points. Warm adaptogenic oil is also poured onto the forehead’s third eye chakra, followed by a scalp massage to improve sleep quality, relax the nervous system and treat stress, anxiety, and insomnia. The treatment continues with a full-body massage.

COLLECTION

FOUR

WET ROOM EXPERIENCES

SIGNATURE PURIFYING
WHITE ONYX WET SPA
EXPERIENCE

(60 MINUTES) £280

This full-body bathing experience is performed in our white onyx wet spa treatment room. Recline on a bed made of this purifying crystal, while enjoying a body cleanse with organic olive soap and a full-body polish using Himalayan and Red Alea Salts. Our signature white clay and rhassoul body mask is then applied to the body, while a facial cleanse and hair oiling follows. The mask is removed with an aromatic milk cleanse and the treatment completed with the application of our Signature Surrenne balm and oil.

BESPOKE CLEANSE
& PURIFY

(60 MINUTES) £250

This classic full-body wet spa experience starts with an aromatic steam bath to open the pores and activate the senses. Olive-based soap is then used to deep cleanse the skin before an exfoliation mitt is applied to increase circulation. Your chosen clay body mask is painted on to the whole body, while a facial mask is applied, and the hair is cleansed. The treatment is finished with a personal choice of balms, oils, or whipped shea butters.

SCALP & BODY
SPA RITUAL

(60 MINUTES) £250

Experience crown-to-toe replenishment and fullbodyindulgence.The treatment begins with five minutes of steam followed by a relaxing full body massage with aromatic herbal compresses to calm the muscles and liberate the pores. The scalp is deep cleansed using vegan silk peptide and keratin shampoo. It is then exfoliated with jojoba beads infused with mint to reawaken and refresh. A nourishing scalp mask is then applied alongside a deep intensive scalp massage where gua sha is used to stimulate the blood vessels, after which the hair is combed. Whilst the mask is on, the therapist will perform a facial cleanse and mask application. This is finished with scalp serums and ultra-light hair oil.

FOUR HANDS
SCALP & BODY RITUAL

(60 MINUTES) £480

Total rejuvenation beckons, all at the hands of two practitioners performing a synchronised detoxing scalp and full body ritual. Cleansing, brushing and exfoliating prepares the scalp for a hair mask. A massage around the scalp and décolleté melts tension away. Exfoliation with Hamman soap followed by honey, oil and a mineral-rich infusion of salts awaken the skin’s inner glow. A cleansing ceremony removes the hair mask. And without missing a beat, on goes the body mask – tailored and specially mixed – in a dance with a scalp massage. Drawing the ritual to a close is a four-handed massage with luxurious souffle body oils, balms and hydrating scalp serum. Emerge deeply cleansed and renewed.

PURIFYING SCALP
TREATMENT

(30 MINUTES) £130 ADD-ON

The scalp is deep cleansed using vegan silk peptide and keratin shampoo. It is then exfoliated with jojoba beads and rinsed with rose water to reawaken and refresh. A nourishing scalp mask is then applied while you receive a deep intensive scalp massage. A Kansa wand is used to stimulate the scalp, and the hair is combed. This is finished with scalp serums and ultra-light hair oil.

COLLECTION

FIVE

MASTERS IN RESIDENCE

KSENIJA SELIVANOVA

Ksenija Selivanova is a London-based facialist, body treatment specialist, health coach, and facial massage expert known for her innovative approach to beauty and wellness. She specialises in treatments that focus on lymphatic drainage, buccal massage, manual sculpting and targeted body therapies—techniques designed to support both inner and outer wellbeing.

LYMPHATIC
BODY BOOST

(60 MINUTES) £270

This transformative targeted lymphatic drainage body massage is designed to stimulate lymph flow, reduce water retention, and enhance circulation, leaving you feeling relaxed and rejuvenated. Sculpting movements help to define the body’s contours and release built-up tension within the muscles. Focused on the chest, stomach, arms and legs, this treatment promotes detoxification and leaves you feeling lighter, more energised, and rebalanced.

LYMPHATIC FACE
& BODY TREATMENT

(90 MINUTES) £390

This treatment combines lymphatic drainage massage for both face and body to support the immune system, reduce swelling and water retention, and promote healthy lymphatic and blood circulation. Contours are sculpted and circulation is enhanced through deep, purposeful movements that stimulate flow. This is the ultimate full-body detox experience, and includes a 50-minute body massage (legs, arms, and stomach) and a 40-minute lymphatic drainage facial. lymphatic drainage facial.

SIGNATURE
LYMPHATIC FACIAL

(60 MINUTES) £250

This energising lymphatic-focused facial is designed to brighten the skin while relieving tension and supporting overall wellness. This treatment is perfect for reducing puffiness and achieving a more sculpted, refreshed appearance. Using lymphatic drainage techniques and brushes, lymph flow is stimulated to help improve circulation. A rejuvenating face, neck, chest and scalp massage is included to help improve skin tone and elasticity, with an immediate firming and lifting effect.

ULTIMATE SCULPT
& GLOW FACIAL

(75 MINUTES) £300

Designed to lift, tone and rejuvenate, this treatment works deeply into the facial and cranial muscles using a combination of advanced massage techniques, tailored tools, and bespoke products to leave the skin hydrated, nourished, and visibly sculpted. The treatment includes an innovative buccal (intra-oral) massage to release deep facial tension and enhance contour definition. An LED light therapy session is also included to target a range of skin concerns and boost overall skin radiance.

NIEVE TIERNEY

Nieve Tierney, renowned energy healer, coach, and author - the Reiki Master here at Surrenne, Nieve's philosophy is grounded in a core belief: "Each of us holds a unique vibration, which we can sense as soon as we meet someone - and this frequency can be optimised through simple energy practices."

5D REIKI
CLEANSE & CLEAR

(75 MINUTES) £265

In this powerful 75-minute Reiki session, Nieve will calm your nervous system and balance your energy. This treatment opens up the flow that runs through the body, unblocking trapped energy and alleviating pain, stress, and stuck emotions. During the treatment, Nieve places a personalised crystal map along your body to amplify the flow of energy. The session concludes with an explanation of your energetic blueprint and feedback on the crystal mapping applied.

CHLOE PROUD

We are proud to announce the arrival of Chloe Proud, Surrenne Belgravia's new resident facialist. Chloe specialises in delivering bespoke, corrective skin treatments, holistically tailored to the needs of each client.

Members can choose from rituals including, AlumierMD and PRX-T33 chemical peels, DermaFrac microinfusion, SkinPen microneedling with Exosomes, and Dermalux LED therapy. Treatment plans often involve combining modalities for optimal results.

ADVANCED
REGENERATIVE FACIAL

(90 MINUTES) £795

This corrective, collagen-stimulating treatment is designed for those seeking transformative skin renewal. Perfect for clients seeking a visible improvement in texture, fine lines, pigmentation, and overall skin quality.

Combining high-performance ingredients, collagen-induction techniques and restorative LED healing, this advanced therapy offers comprehensive skin rejuvenation and is ideal for Members able to accommodate short-term downtime in return for long-term results.

A gentle peel plumps, brightens and renews the surface of the skin, while micro-needling or resurfacing improves dermal texture and enhances skin firmness.

TREATMENT
ADD-ONS

£300

EXOSOME

Delivers potent growth factors and peptides to support cellular repair and accelerate healing.

CALMING SHEET MASK

Soothes and hydrates post-treatment, reducing redness and inflammation.

LED LIGHT THERAPY

Supports recovery, boosts collagen and enhances overall treatment benefits.

COMPRESSION LYMPATIC DRAINAGE

Encourages full-body relaxation while aiding detoxification and circulation.

COLLECTION

SIX

HEALTH AND WELLNESS

3 PEAKS X SURRENNE

3 Peaks Health is a 360 degree healthcare company that has a focus on health and lifespan maximisation.
3 Peaks Health services are available at Surrenne offered by Dr. Mark and his team.

Dr. Mark Mikhail graduated from Imperial College London. He trained in Oxford, teaching clinical surgery to Queen's College before moving back to London as a Plastic and Reconstructive surgeon for the NHS. Dr. Mark is an innovative, longevity expert at the cutting edge. He utilises a holistic and scientific approach, made robust by his ongoing involvement in research and outstanding clinical acumen.

HEALTH AND WELLNESS				
CONSULTATIONS	BLOOD TESTING	FUNCTIONAL TESTING	GUT, NUTRITIONAL AND METABOLIC HEALTH	GUT, NUTRITIONAL AND METABOLIC HEALTH
GP CONSULTATION £500 From £600 Out of hours (45 minutes) FUNCTIONAL MEDICINE CONSULTATION £450 (60 minutes) FULL HEALTH CHECK Various packages available including further diagnostics at One Welbeck Hospital available - based on initial consultation, previous testing, history and need. FITNESS ASSESSMENT £150 (60 minutes) NUTRITIONIST SESSION £400 (60 minutes)	PRICE RANGE £150-£1500 Each contains two appointments, a 30 minute test and 45 minute consultation with results. Example areas of investigation: General wellness check Hormonal health (plus fertility/reproductive) Performance health Metabolic health Skin allergy testing Cancer screening Sexual health Gut health Hair loss	VO2 MAX TESTING £350 (15 minutes) RESTING METABOLIC ANALYSIS £250 (30 minutes - fasting for a minimum of 4-5 hours) MOVEMENT AND MUSCULOSKELETAL ANALYSIS £250 (45 minutes)	MICROBIOME ANALYSIS £500 Personalised prebiotic can be created by the laboratory to support developing your personal microbiome. (Completed at home, results within 4-6 weeks) FOOD INTOLERANCE TESTING £400 (30 minutes bloods, results within 2 weeks) NUTRITIONAL PLANNING Price based on requirements PRE/PRO/SYN BIOTICS Price based on requirements and personalisation	CONTINUOUS GLUCOSE MONITORING £550 30 days - 20 minute explanation, 30 minute consultation, 45 minutes interpretation time SIBO TESTING – FOODMARBLE AMBULATORY TESTING FOR METHANE/HYDROGEN £350 (45 minute consultation) IMAGING & SCREENING On request

BIOLOGICAL AGE TESTING

The future of preventative medicine analysis shows your biological age on a cellular level. Protocols can be put in place to target key ageing pathways.

DNA METHYLATION (EPIGENETICS) WITH TELOMERES AND PACE OF AGEING ANALYSIS £600

GLYCANAGE £500

WHOLE GENOME SEQUENCING £850
Including Methylation Genetics targets

TREATMENTS

OSTEOPATHY
Prices vary, starting from £200 for 45 minutes

CHIROPRACTOR
Prices vary, starting from £160 for 30 minutes

REFLEXOLOGY
Prices vary, starting from £180 for 60 minutes

PHYSIOTHERAPIST
Prices vary, starting from £280 for 60 minutes

ELECTROMYOSTIMULATION
£160 (20 minutes)
£400 (Bundle of 4, to be used within 1 month)

GP SERVICES

CONSULTATIONS
£500 at Surrenne
£600 Home visit
£600 Out of hours
£150 Phone consultation

PAEDIATRIC CONSULTATIONS
£500 Home visit
£650 Out of hours

MEDICATION PRESCRIPTIONS
from £50
Delivery service available

EAR MICROSUCTIONING £250
(45 minutes)

FITNESS TO FLY / WORK
CERTIFICATE £150

VACCINATIONS
Prices vary
(45 minutes)

SUPPLEMENTATION

Pricing dependent on selection and need

NAD+ FOR HOME £375

INFUSIONS AT HOME / IN-ROOM
On request

ORAL SUPPLEMENTS
Prices vary

HYDROGEN INHALATION
£50 (30 minutes)

FURTHER
DIAGNOSTICS
At OneWelbeck

MRI/MRA BRAIN SCAN £1200

ECHOCARDIOGRAM £800

ULTRASOUND CAROTIDS £500

AI MOLE MAPPING
AND DERMATOLOGIST
CONSULTATION £800

COMPUTED TOMOGRAPHY
ANGIOGRAM £1000

BODY COMPOSITION
ANALYSIS £350-£1500
Dependent on modality

LUNG FUNCTION TESTING
£600

MEN AND WOMEN
FERTILITY ANALYSIS
Prices vary

MAMMOGRAM / ULTRASOUND / MRI BREAST £400-£1500
Dependent on combination required

W