



SURRENNE  
RETREATS

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TO SURRENNE

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SURRENNE IS AN INVESTMENT  
INTO YOUR HOLISTIC WELLBEING,  
AND AN EXPLORATION OF  
BOUNDLESS WONDER

Step into a new era of experiential wellbeing where genuine transformation unfolds through modern ritual, and the mind, body and soul elevate to extraordinary heights.

At Surrenne, we seamlessly blend the wonders of the earth, advancements in modern science, and cutting-edge treatments to provide a holistic approach to emotional wellbeing and physical health, sparking wonder and cultivating true longevity.



Surrenne invites you to experience our pioneering approach to longevity and wellbeing, in the form of truly otherworldly location retreats. Our philosophy is built on the seamless integration of science, nature and connection, and during your time with us, your wellbeing journey will unfold in three stages: Ground, Recharge, and Regenerate.

Grounding encourages stillness and connection to the self and your environment through mindful breathwork, movement and nourishment.

The next phase is Recharge, an invitation to replenish both body and mind. Guided coastal walks, cold-water immersion and moments of rest will harmonise energy and awareness, complemented by insight from our experts.

Finally, it's time to Regenerate, emerging with clarity and strength. Through closing breathwork and meditation, you can look ahead, fortified with inspiration to integrate new practices into your everyday life.



# DISCOVER NEW WORLDS OF WONDER

Surrenne Belgravia, located beneath The Emory hotel in London is the perfect place to seek solace from the hustle and bustle of city life. From serene treatment sanctuaries and wellness spaces, to a breathtaking sky-lit pool, each detail is designed to delight the senses.

Surrenne Riviera at The Maybourne Riviera is a coastal sanctuary, drawing on the elemental power of water to uplift, cleanse and heal. Here, inner stillness and outer radiance flow together, in cadence with the tide.

## UPCOMING RETREATS IN THE RIVIERA

Suspended between sea and sky, experience our upcoming retreat rooted in rhythm, fluidity and light at Surrenne Riviera. Set within the striking modernist architecture of The Maybourne Riviera, which emerges from the rocky peninsula of Roquebrune-Cap-Martin as if forging its way into the glistening Mediterranean Sea. Perfectly positioned near Monaco, enjoy plunging views out to the azure waters.





17-20 APRIL 2026

# ANTI-INFLAMMATORY RESET

As spring settles into full bloom, this retreat offers a restorative pause. It is the perfect opportunity to revitalise body and mind after winter, nourish deeply and prepare for the brighter months ahead. Led by Surrenne's Nutrition Lead, Rose Ferguson, this three-night experience blends nutritional science, movement and nature to guide you toward sustained energy and a renewed sense of balance.

## Inclusions:

- Two personalised 60-minute spa treatments, tailored to your needs
- A private one-to-one nutrition consultation with Rose Ferguson
- A bespoke anti-inflammatory menu, including three breakfasts, two lunches and three dinners
- A private one-to-one fitness consultation, including advanced body composition analysis, to uncover measurable insights into your metabolic and physiological profile
- A personalised osteopathy session, supporting structural alignment, mobility and nervous-system balance
- A Lagree Fitness class
- Guided breathwork, followed by contrast therapy circuit
- Coastal walk, followed by a cold-water immersion
- Daily movement rituals, including intention-setting ceremonies, sound healing and meditation
- A personalised supplementation plan, including a one-month supply to extend your results beyond the retreat

The Maybourne Riviera,  
Roquebrune-Cap-Martin, France

3,400€ per person, including VAT  
(excludes room rate)





## NUTRITION WITH ROSEMARY FERGUSON

Enjoy a bespoke anti-inflammatory menu thoughtfully curated and presented by Rose, including three breakfasts, two lunches and three dinners.

A private one-to-one nutrition consultation with Rose Ferguson will offer invaluable, tailored advice to support your metabolic health and long-term wellbeing.

Immerse yourself in signature workshops led by Rose Ferguson, exploring metabolic health, mindful eating and sustainable daily practices to guide you towards lasting vitality.

## HEALTH ASSESSMENT & BODY OPTIMISATION

Undertake a holistic physical and cognitive assessment, including advanced body composition analysis, to uncover measurable insights into your metabolic and physiological profile.

Guests can enjoy a personalised osteopathy session, supporting structural alignment, mobility and nervous-system balance.





## THERAPEUTIC RITUALS & NERVOUS-SYSTEM REGULATION

Immerse yourself in a sacred cacao ceremony and learn how this guided, heart-opening ritual can cultivate intention, emotional clarity and deeper inner alignment.

An immersive sound healing session will support nervous-system recalibration, stress reduction and restorative balance.

## MOVEMENT & ELEMENTAL IMMERSION

Unwind with a Hatha yoga session, centred on breath-led, mindful movement to lower cortisol levels, enhance lymphatic flow and calm systemic inflammation.

Enjoy a Lagree class and see how the high-intensity, low-impact movement can strengthen, tone and awaken the body.

Connect with the elements and the returning Sun with a guided coastal walk, before an invigorating cold-water immersion to awaken the senses and stimulate circulation.



## SPA & WELLNESS SANCTUARY

Guests can choose two personalised 60-minute spa treatments in our state-of-the-art wellness sanctuary, offering therapeutic treatments to soothe, restore and support renewal.

We are pleased to offer full access to the spa and gym throughout your stay.



# SAMPLE PROGRAMME



## FRIDAY

*Embark on an awe-inspiring journey*

- 5.30pm Welcome ceremony
- 6.30pm Opening dinner

## SATURDAY - *Ground*

*Modern rituals that awaken true transformation*

- 8am Mindful coastal walk, somatic shakeout and cold immersion (sea swim)
- 9.30am Breakfast on the beach
- 11.30am Lagree Fitness class
- 1.30pm Lunch
- 3pm Body Composition and Functional Movement Analysis
- 4.30pm The Ultimate Sculpting and Draining Massage
- 6.30pm Dinner
- 8pm Yoga Nidra

## SUNDAY - *Recharge*

*Unveil new worlds within and around you*

- 8am Breathwork, followed by contrast therapy circuit
- 9.30am Breakfast
- 11.30am Functional fitness class
- 1.30pm Lunch, with a talk by Dr Liza Osagie-Clouard
- 3pm Nutrition consultation with Rose Ferguson
- 4.30pm Biologique Recherche Bespoke Facial
- 6.30pm Dinner
- 8pm Guided sound bath

## MONDAY - *Regenerate*

*Elevate your wellbeing to unparalleled heights*

- 7am Sunrise yoga with guided meditation
- 8.30am Breakfast
- 10am (Optional) Stretching class
- Depart at leisure

PIONEERS

OF MODERN

WELLNESS

# ALLOW OUR EXPERTS TO GUIDE YOU TOWARDS REJUVENATION

## OUR EXPERTS

Pioneering medical care, delivered with luxury; Surrenne's approach celebrates conversation over consultations, elevating every aspect of your holistic health.

Our medical services are conducted in partnership with SOLICE Health. At the helm of the medical team stand two of the most respected figures in private medicine: Dr Liza Osagie-Clouard and Dr Tim Evans. Their combined approach defines the Surrenne healthcare standard.





EMBARK ON

AN AWE

INSPIRING

JOURNEY

## BOOKING

To make a booking for one of our upcoming retreats please follow the QR code below. For any assistance with retreats, please contact [reservations-riviera@surrenne.com](mailto:reservations-riviera@surrenne.com).

