



MEMBERSHIP  
BROCHURE

<sup>07</sup> WELCOME TO  
SURRENNE BELGRAVIA

<sup>10</sup> WELLNESS  
PIONEERS

<sup>16</sup> THE SPACE

<sup>24</sup> SRRN FITNESS

<sup>30</sup> TREATMENTS

<sup>33</sup> MEMBERSHIP

<sup>36</sup> HOW TO JOIN

SURRENNE BELGRAVIA  
MEMBERSHIP IS AN INVESTMENT  
IN YOUR HOLISTIC WELLBEING, AND  
AN EXPLORATION OF BOUNDLESS  
WONDER

Fusing serenity and energy, step into a new era of experiential wellbeing, where genuine change unfolds through contemporary ritual, and the mind, body and soul elevate to new heights. At Surrenne Belgravia 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. Brought to you by Maybourne.





All crafted in harmony with partners from the cutting-edge of modern wellness, the Surrene philosophy embraces a new era of total rejuvenation. Every treatment, product, and ritual is a bespoke symphony of potent plants and pioneering technologies, to create truly transcendental states of being.

A new, transformational wellbeing club in the heart of Belgravia, I do hope that you will join me in exploring the true wonders of Surrene.

Hattie David-Wilkinson  
Global Head of Wellness and Longevity  
Maybourne

PIONEERS

OF MODERN

WELLNESS

INTRODUCING OUR  
 LEADING PIONEERS  
 OF WELLNESS. ALLOW  
 OUR EXPERTS TO GUIDE  
 YOU TOWARDS  
 REJUVENATION

PIONEERS OF MODERN  
 WELLNESS

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.



DR LIZA  
 OSAGIE-CLOUARD

Named as one of London’s best concierge doctors, an award-winning orthopaedic surgeon who trained in both New York and London. Dr Osagie-Clouard’s PhD was in advanced research into the use of stem cells for healing, which prompted her passion for harnessing science and art to achieve true modern wellbeing.

DR TIM  
 EVANS

With over forty years of experience, Dr Evans has pioneered holistic, evidence-based care that unites medical science with complementary therapies. Formerly Apothecary to the late Queen Elizabeth II for 20 years, Dr Evans leads a new era of personalised, preventative, and longevity -focused healthcare.



## ROSEMARY FERGUSON

Nutritionist and qualified functional medicine practitioner, Rosemary Ferguson, has brought her expertise to the forefront of wellness for over 10 years.

With a celebrity client roster and an evidence-based holistic health approach, she continues to inspire individuals to make informed, sustainable choices for a healthier, more vibrant life.

## TRACY ANDERSON

World-renowned fitness pioneer, Tracy Anderson, founder of the Tracy Anderson Method, transformed the industry with her dynamic approach. Merging dance principles with athletic training, she crafted an unparalleled workout methodology.

Over two decades, the method has grown and evolved while maintaining its core premise strategic movement to sustainably balance, strengthen, and transform the body and mind.





A WORLD

FULL

OF

BOUNDLESS

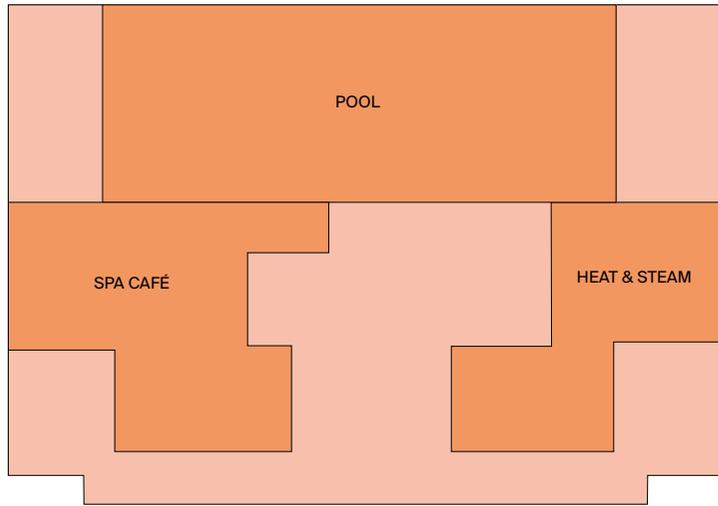
WONDER

# IMMERSED IN DISTINGUISHED DESIGN, AGLOW WITH PERFECTLY CHOREOGRAPHED LIGHT AND AI INFLUENCED SYMPHONIES ORCHESTRATED TO COMPLEMENT THE SENSES

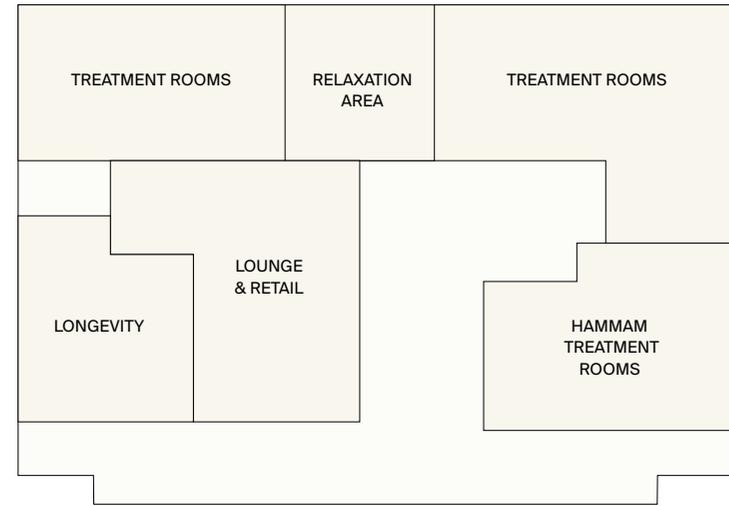
Each floor crafted by Remi Tessier is an exhibit of contemporary elegance fused with transformative wellbeing.



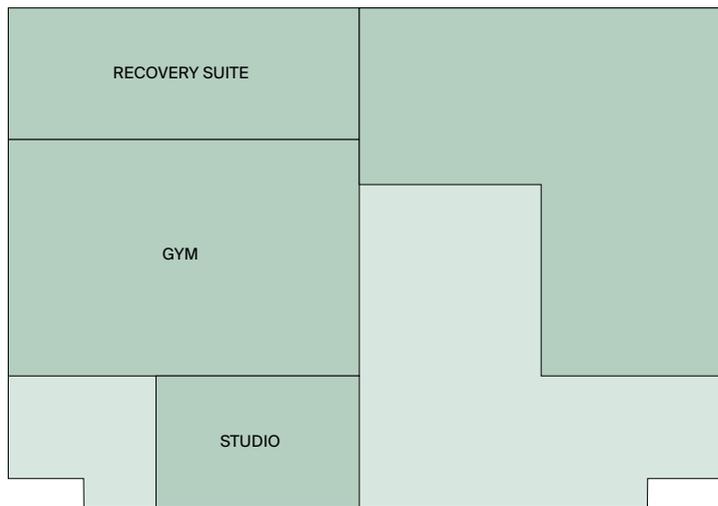
### B1 - POOL & CAFÉ



### B3 - SURRENNE BELGRAVIA SPA & LONGEVITY



### B2 - SURRENNE FITNESS



### B4 - TRACY ANDERSON STUDIO



**Pool:** The pool is the soul of Surrenne Belgravia – an uber-modern lap pool with underwater speakers allowing for serious training or relaxing in cabanas.

**Sauna:** A state-of-the-art sauna is available, and a speciality steam room has a four aroma system to change on preset timed programmes. Infusions include Jasmine (Calming), Eucalyptus (Invigorating), Orange Blossom (Destress) and Musk (Grounding).

**Snow Shower:** The snow shower gives a more gentle approach to cryotherapy. Journey between steam, snow shower and sauna for a relaxing and invigorating thermal journey.

**Surrenne Café:** With a menu curated by nutritionist Rose Ferguson, Surrenne Café provides a haven of relaxation to enjoy a healthy bite, smoothie or juice.

**Cardio Functional Gym:** Experience a refined selection of fitness equipment in our gym, boasting the latest from Technogym and the renowned Peloton bikes.

**Multi-Functional Studio:** A sanctuary for the body and mind, offering a fusion of yoga and floor Pilates, enhanced by EMS technology. Limited to an intimate six participants, sessions include both traditional instruction and virtual classes, like the tranquil Yin Tibetan Bowl Meditation set against a Japanese Garden backdrop.

**Recovery Suite:** Emphasising the art of recovery, this space is adorned with Hyperice tools on a soft, cushioned floor – ideal for warm-ups. For a deeper sense of relaxation, guests can avail themselves of our Hypevolt massage machine, expertly crafted to refresh and rejuvenate.

**Treatment Sanctuaries:** Discover our seven treatment rooms, each tailored for rejuvenation. Highlights include a couples' retreat, our signature ashatsu massage room, and a therapeutic infrared sauna, celebrated for benefits like pain relief and improved sleep.

**Hammam Retreats:** Immerse yourself in the ancient traditions of deep relaxation with our signature hammam treatment, available in two dedicated rooms.

**Longevity Suite:** A space where timeless wellness meets modern techniques, guiding you to a lasting sense of vitality.

**Consultation Chambers:** Tailored spaces for introspection and feedback, ensuring your journey is aligned with your wellness objectives.

**Tracy Anderson:** This entire floor is exclusive to fitness pioneer Tracy Anderson and consists of a large studio dedicated to the Tracy Anderson Method. Exclusively at Surrenne, Anderson's ground-breaking body sculpting method has secured her spot as a top choice among celebrities.



SRNN

FITNESS

A SEAMLESS FUSION OF SOPHISTICATED  
DESIGN AND STATE-OF-THE-ART  
EQUIPMENT AWAITS. CURATED  
FOR THE DISCERNING  
ENTHUSIAST

The highly curated cardio and functional gym uses state-of-the-art customised equipment by brands such as Technogym, Woodway and Peloton, to name a few.

The Surrenne Studio is a multi-functional studio which will offer a wide variety of classes. A screen is available in the studio for on-demand virtual classes with virtual trainers in staggering locations including Yin Tibetan Bowl Meditation in a Japanese Garden, Heart Fire Flow yoga in the Agafay desert in Morocco and Broga Body Rehab on a cliff edge in Devon.

A dedicated recovery station includes hypervolt recovery tools and stretch area. Maybourne will open its little black book to provide the very best in visiting personal trainers available to book in the Surrenne Gym.

SRNN FOCUSES  
ON CORE STRENGTH AND  
HOLISTIC WELLNESS, RESULTING  
IN PEAK PERFORMANCE AND  
ULTIMATE FITNESS OPTIMISATION



# MODERN RITUALS THAT AWAKEN TRUE TRANSFORMATION

## I NEED IT ALL



60/90 MINUTES

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.

## SIGNATURE PURIFYING WHITE ONYX WET SPA EXPERIENCE



60 MINUTES

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 Alaea 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 Surrene balm and oil.

## SIGNATURE GOLD FACIAL: HYDRATE, ILLUMINATE, GLAM



60/90 MINUTES

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.

To view the treatment brochure, please scan the QR code below.



# UNVEIL NEW WORLDS WITHIN AND AROUND YOU

## ANNUAL MEMBERSHIP INCLUSIONS

- Access to spaces of wonder, featuring 22m Modern Lap Pool, Steam and Sauna sanctuaries, State-of-the-art Gymnasium and Comprehensive Treatment Rooms
- One consultation with one of our Surrene Health Physicians
- One Fitness Consultation and three subsequent consultations, complete with Body Composition Analysis
- Two complimentary Hyperbaric Sessions
- Four indulgent Advanced Body Treatments or Facials
- Twelve annual Studio Classes by the renowned Fitness Pioneer Tracy Anderson
- Twelve Guest Passes
- Unlimited access to Surrene Fitness Classes
- Private invitations to Calendar of Member Events
- Inclusive Gym apparel Laundry Service

Enjoy preferential rates on:

- Spa Treatments
- Valet Parking
- Selected restaurants and bars within Surrene Belgravia, The Emory, and The Berkeley
- Room Reservations at The Emory and The Berkeley

At the heart of your Surrene Belgravia journey lies Surrene Diagnostic Methodology: a profound exploration guided by our dedicated team. Your comprehensive consultation will cover a holistic understanding of your wellbeing, including:

- Cardiovascular Health including blood testing and VO2-max
- Hormone Balance
- Sleep and Stress
- Metabolic Health with Resting Metabolic Analysis
- Recovery and Nutrition
- Cognition and Endurance
- Fitness, Strength and Functional Metrics
- Markers of Methylation

MEMBERSHIP  
WILL ELEVATE  
YOUR WELLBEING TO  
UNPARALLELED HEIGHTS

EMBARK ON

AN AWE

INSPIRING

JOURNEY

For membership applications, please follow the QR code below. For any assistance with membership, please contact [membership@surrenne.com](mailto:membership@surrenne.com).



(Please note that joint application memberships are exclusively reserved for couples residing in the same household).