



SURRENNE
RETREATS

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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.





UPCOMING RETREATS



Surrenne invites you to a two-day and three-day wellness retreat, designed to slow the pace and return you to yourself. Discover more about this incredible wellness journey and find out how the seamless integration of science, nature and connection can help you feel at your very best, long after you leave.

16-19 OCTOBER 2026 | 3-DAY RETREAT WELLNESS RETREAT

The Maybourne Riviera,
Roquebrune-Cap-Martin, France

€2,650 per person, including VAT
(excludes room rate)

13-15 NOVEMBER 2026 | 2-DAY RETREAT WELLNESS RESET

The Maybourne Riviera,
Roquebrune-Cap-Martin, France

€2,400 per person, including VAT
(excludes room rate)

Your retreat includes:

- Three personalised treatments at Surrenne Riviera*
- A bespoke anti-inflammatory menu by Rose Ferguson, including three breakfasts, two lunches and three dinners**
- A one-to-one fitness consultation with an advanced body composition analysis
- A one-to-one consultation with Surrenne Medical Lead, Dr Liza Osagie-Clouard (October retreat) or Dr Tim Evans (November retreat)
- A personalised 3 month longevity programme
- A lagree class
- Guided breathwork followed by contrast therapy circuit
- Daily movement rituals which includes intention-setting, sound healing and meditation, coastal walk and cold-water immersion
- Personalised supplementation plan

*2-day retreat will include two personalised treatments at Surrenne Riviera

**2-day retreat will include two breakfasts, two lunches and two dinners



SPA & WELLNESS SANCTUARY

Choose three personalised 60-minute spa treatments in our state-of-the-art wellness sanctuary, offering therapeutic treatments to soothe, restore and support renewal.*

Receive full access to the spa and gym throughout your stay.

*2-day retreat will include two personalised treatments at Surrenne Riviera

MOVEMENT & ELEMENTAL IMMERSION

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.

Guided breathwork: Harness the power of breath in this transformative workshop, followed by energising contrast therapy circuits.

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





NUTRITION BY ROSEMARY FERGUSON

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

*2-day retreat will include two breakfasts, two lunches and two dinners

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.



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

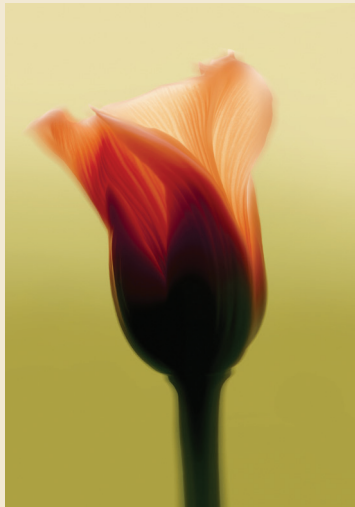
8am Breathwork, followed by contrast therapy circuit
9.30am Breakfast
11.30am Functional fitness class
1.30pm Lunch
4.30pm Biologique Recherche Bespoke Facial
6.30pm Dinner
8pm Guided sound bath

MONDAY - *Regenerate*

Elevate your wellbeing to unparalleled heights

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

SELF-RESTORATION IN THE HEART OF THE CITY



The Emory's City Circadian Reset is a Surrenne retreat with the capital as its inspiration, designed to promote self-restoration. This personalised programme echoes the Surrenne philosophy and has been crafted to correct the circadian rhythm: the body's natural, internal 24-hour clock that helps to regulate sleep, alertness, metabolism and hormone release, driven primarily by light and darkness.

AVAILABLE ALL YEAR ROUND | MINIMUM 2-NIGHT STAY CITY CIRCADIAN RESET

The Emory,
London, United Kingdom

£1,650 per person for a two-night retreat,
£500 per person per night thereafter, including VAT
(excludes room rate)

Your retreat includes:

- A 60-minute consultation with Surrenne's medical lead
- A one-to-one fitness consultation
- Daily studio classes, including Tracy Anderson classes
- Daily 60-minute personal training or EMS session
- Personalised spa treatment, based on your consultation
- Daily infrared iDome treatment or red-light therapy treatment
- A bespoke anti-inflammatory menu by Rose Ferguson, including daily breakfast, lunch and dinner
- 30 days' worth of personalised supplements
- 30-day post stay follow up with Surrenne's medical lead
- Surrenne Belgravia membership for the duration of your stay
- Complimentary gym wear laundry service



EXPERT LED WELLNESS

Grounded in science, this retreat is led by an expert team. Specialist practitioners will be providing one-to-one consultations throughout, with personalised treatments and rituals to support the circadian rhythm.

HEALTH ASSESSMENT & BODY OPTIMISATION

Before this wellness journey begins, guests will receive a questionnaire to identify goals, requirements and priorities. Upon arrival at The Emory, you will be met by a personal Retreat Concierge and be taken on a guided tour of Surrenne Belgravia, before being shown to your suite to be checked in privately.





THE EMORY SUITE

Retreat guests' suites are thoughtfully curated, with a hand-selected book from Surrenne's Longevity Library, complimentary mini bar filled with wellness essentials including chilled 111SKIN eye masks, kombucha and magnesium drinks is also included.

BEYOND THE RETREAT

Upon departure, retreat guests leave with a month-long supplement prescription and plans in place for a follow-up virtual consultation a month post-retreat, ensuring the benefits of City Circadian Reset are felt long after you check out.



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

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.

