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, fludity 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.

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 1-NIGHT STAY

CITY CIRCADIAN RESET

The Emory,
London, United Kingdom

£1,150 per person for a one-night retreat,
£500 per person per night thereafter, including VAT
(excludes room rate)

Your retreat includes:

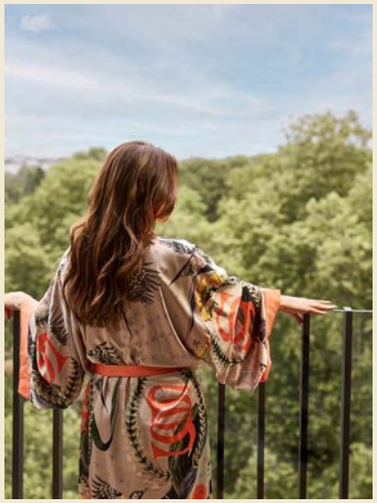
- A 60-minute consultation with Surrenne's medical lead
- A one-to-one fitness consultation
- Daily studio classes, including Tracy Anderson classes
- Daily 60-minute personal training or EMS session
- Personalised spa treatment, based on your consultation
- Daily infrared iDome treatment or red-light 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.