

MEMBERSHIP BROCHURE

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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.



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

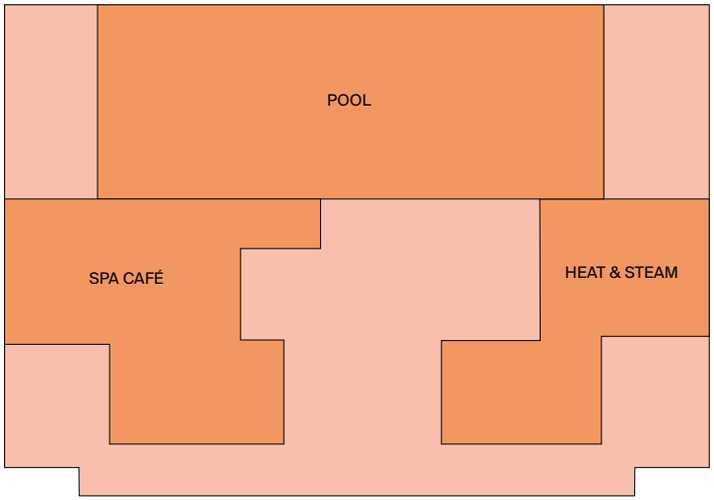
WONDER

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

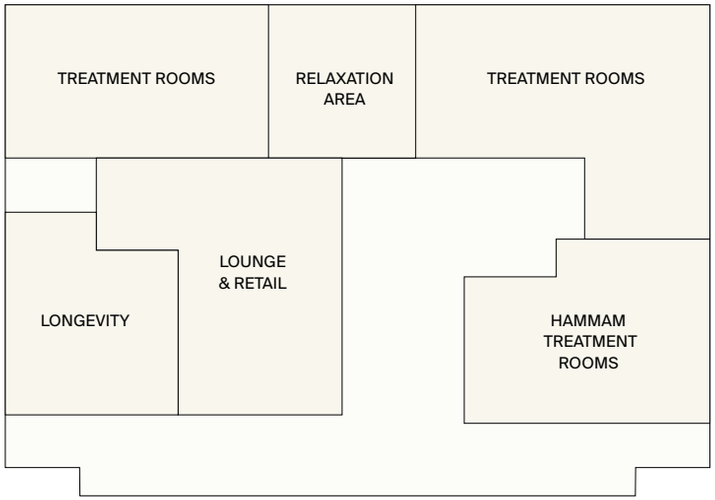
Each floor crafted by Remi Tessier is an exhibit of contemporary elegance fused with transformative wellbeing.



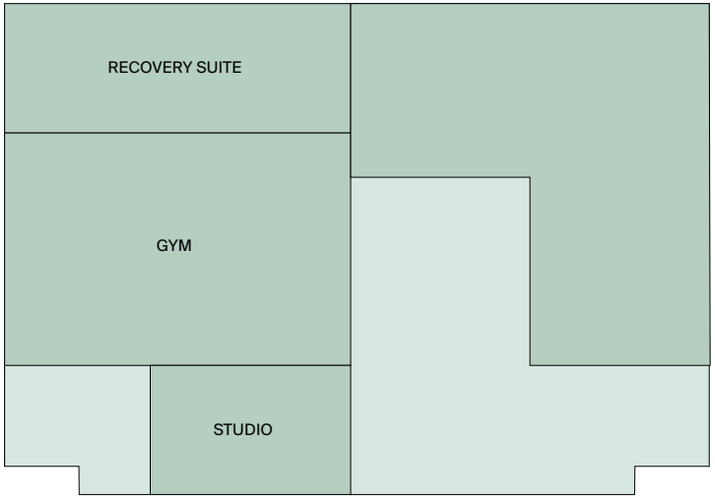
B1 - POOL & CAFÉ



B3 - SURRENNE BELGRAVIA SPA & LONGEVITY



B2 - SURRENNE FITNESS



B4 - TRACY ANDERSON STUDIO



FIRST FLOOR

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.

SECOND FLOOR

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.

THIRD FLOOR

Treatment Sanctuaries: Discover our seven treatment rooms, each tailored for rejuvenation. Highlights include a couples' retreat, our signature ashiatsu 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.

FOURTH FLOOR

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.

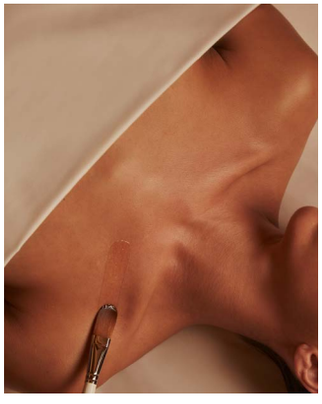
A dedicated recovery station includes hypervolt recovery tools and stretch area. Maybourne will open its little black book to provide the very best in visiting personal trainers available to book in the Surrenne Gym.

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.

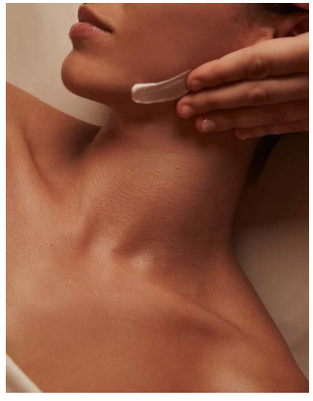
SIGNATURE PURIFYING WHITE ONYX WET SPA EXPERIENCE



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 Surrenne 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, combinging 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 a pplication 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

MEMBERSHIP WILL ELEVATE YOUR WELLBEING TO UNPARALLELED HEIGHTS

ANNUAL MEMBERSHIP INCLUSIONS

- One 90-minute onboarding medical consultation, including a 12-month personalised longevity programme, nutrition strategy and ongoing guidance, supplement protocol and optimisation, and hormonal, cardiovascular, metabolic and inflammation screening
- Two comprehensive blood panels per year, followed by quarterly doctor reviews
- One personal performance consultation complete with body composition analysis, VO_2 max assessment, and fitness, strength and recovery analysis and three subsequent performance reviews
- One advanced treatment consultation
- Welcome gift
- Four indulgent advanced body treatments or facials
- Two complimentary hyperbaric sessions
- Two IV therapy sessions
- Two compression therapy sessions
- Two iDome infrared sessions
- Two red light therapy sessions
- Twelve annual studio classes with renowned fitness pioneer Tracy Anderson (with exception of MyMode)
- Unlimited access to Surrenne fitness classes and daily Surrenne movement classes, including Pilates, strength, conditioning, yoga and mobility
- Inclusive gym apparel laundry service
- Twelve guest passes
- Access to spaces of wonder, featuring a 22m modern lap pool, steam and sauna sanctuaries, a state-of-the-art gymnasium and comprehensive treatment rooms
- Exclusive invitations to a calendar of member events

Preferential rates on:

- Spa treatments
- Valet parking (Subject to availability)
- Selected restaurants and bars within Surrenne Belgravia, The Emory, and The Berkeley
- Room reservations at The Emory and The Berkeley

EMBARK ON

AN AWE

INSPIRING

JOURNEY

For membership applications, please follow the QR code below. For any assistance with membership, please contact membership-belgravia@surrenne.com.

INDIVIDUAL MEMBERSHIP RATE: £10,000 (+ £5,000 joining fee).

JOINT MEMBERSHIP RATE: £14,000 (+ £5,000 joining fee per couple).

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