

# SURRENNE





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# THE SURRENNE PROTOCOLS

Thoughtfully designed journeys that combine our most powerful therapies into a single, seamless experience. Each protocol guides you through a curated sequence – from thermal reset to advanced technology and restorative touch – ensuring you get the deepest results and the full benefit of your time at Surrenne.

## ENERGY ELEVATION

A performance-driven reset designed to awaken clarity, elevate vitality, and prime the body for peak output.

## RESTORE AND REVIVE

A deep repair ritual that restores the body from training, travel, or accumulated fatigue.

## SLEEP

A guided journey to regulate the nervous system and support natural circadian rhythm.





# ENERGY ELEVATION

This ritual combines stimulating thermal contrast, advanced facial sculpting, and hyperbaric oxygen therapy to deliver profound energy and cognitive sharpness. Ideal pre-event or post-flight, it leaves you uplifted, clear, and fully charged.

## THERMAL RESET

### STEP 1 (15 MINUTES)

Begin your ritual with a stimulating thermal sequence, specially designed to stimulate blood circulation, regulate the nervous system and prepare the body for deep regeneration. This is achieved by alternating between 15 minutes of restorative heat in the sauna and 90 seconds under a cold shower or in the snow. The experience includes two rounds, each ending with a cold-water dip.

## BODY & FACE TREATMENT

### STEP 2 (2 HOURS)

Pamper yourself with this two-hour body and facial treatment. Discover the LYMA Pro facial, a stimulating hands-on massage with the low-intensity LYMA laser that quickly lifts and sculpts the face. An oxygen-rich mask seals in the effects while the massage moves onto the scalp, tension melting away with each touch. Next, indulge in the I Need It All massage, a bespoke treatment incorporating massage techniques from different traditions.

## HYPERBARIC OXYGEN THERAPY

### STEP 3 (60 MINUTES)

Continue your energy elevation ritual with a 60-minute Hyperbaric Oxygen Therapy. This treatment immerses the body in a pure, pressurised oxygen environment to accelerate cellular regeneration and optimise vitality. This deeply restorative experience enhances cognitive clarity, energy, and recovery. A modern, science-led ritual designed to elevate long-term wellbeing.

## ENERGISE & ELEVATE

### STEP 4

Conclude your ritual with the Surrenne Sunshine Smoothie. A delicious blend of strawberries, blueberries, oats, coconut milk, maca, collagen and your preferred kind of protein that will give you a burst of energy, ideal before or after your workout. Alkaline water stations located throughout Surrenne.



# RESTORE AND REVIVE

Through contrast therapy, targeted massage, compression, red-light rejuvenation, and nutrient replenishment, the body is guided back to balance and recovery. Expect eased tension, renewed energy, and complete systemic reset.

## THERMAL RESET

## CIRCULATORY TREATMENT

## DEEP TISSUE MASSAGE

## RED LIGHT THERAPY

## REFUEL & HYDRATE

### STEP 1 (15 MINUTES)

### STEP 2 (30 MINUTES)

### STEP 3 (90 MINUTES)

### STEP 4 (30 MINUTES)

### STEP 5

Find balance and wellbeing with a contrast therapy sequence specially designed to stimulate blood circulation, regulate the nervous system and prepare the body for deep regeneration. This is achieved by alternating between 15 minutes of restorative heat in the sauna and 90 seconds under a cold shower or in the snow. The experience includes two rounds, each ending with a cold-water dip.

Proceed to the next step of your Restore and Revive Ritual with a revitalising compression session. This will provide relief from fatigue, encourage lymphatic circulation, and support muscle recovery. Ideal after an intense workout or journey, this treatment will leave you feeling wonderfully rejuvenated.

For 90 minutes, experience a targeted massage designed to dissolve muscle tension, lengthen fascial tissue and soothe the nervous system. This is Surrenne's signature restorative touch.

Discover the benefits of our red light therapy during a 30-minute session. This clinically proven wavelength treatment aims to support cellular repair, improve recovery pathways and reduce inflammation from deep within.

Replenish the body with functional nutrients and optimal hydration for sustained recovery with our Surrenne Superfood Smoothie: banana, blueberries, maca, flax seeds, cinnamon, glutamine, protein – crafted for gut health and muscular repair.



# SLEEP

Restorative sleep begins long before the moment we close our eyes. This protocol is designed to guide the body and mind into deep recovery through a structured evening ritual that calms the nervous system and supports natural circadian rhythm.

## MIND BODY PRACTICE

### STEP 1 (30 MINUTES)

To begin with, unwind with proven breathing exercises such as box breathing, or succumb to the charms of meditation or yoga for 30 minutes. These different relaxation techniques are known for calming the nervous system, reducing stress and improving overall wellbeing.

## DOWNTIME

### STEP 2 (60 MINUTES)

A modified Shirodhara, warm oil is poured onto the forehead's third eye chakra, followed by a manual head massage to enhance sleep, relax the nervous system, and reduce stress. It is combined with a full-body massage, with elongated strokes for deeper relaxation, and warming foot reflexology.

## PHOTOBIO-MODULATION THERAPY

### STEP 3 (30 MINUTES)

Discover the benefits of our red-light therapy during a 30-minute session. This clinically proven wavelength treatment aims to support cellular repair, improve recovery pathways and reduce inflammation from deep within. Photobiomodulation (PBM) may be seamlessly integrated into any facial or massage to deepen recovery, enhance skin vitality, and build long-term cellular resilience.

## ROSS J BARR SLEEP PATCH

### STEP 4 (30 MINUTES)

Relax by the Surrenne swimming pool, listening to the Surrenne soundscapes and apply a special selection of herbs to help aid and support the induction and depth of sleep. Sleep patches can support insomnia or poor sleeping habits. Herbs such as wild jujube seed, coix seed & polygala are selected for their ability to calm the mind and help induce sleep.

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