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<sup>06</sup> WELCOME  
TO SURRENNE

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PIONEERS

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SURRENNE 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 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 Surrenne 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 Knightsbridge, I do hope that you will join me in exploring the true wonders of Surrenne.”

Inge Theron  
Creative Director  
Maybourne

PIONEERS

OF MODERN

WELLNESS

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

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.





## 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.

## DR. LARA DEVGAN

One of America's pre-eminent skincare experts, Dr. Lara Devgan, has made a career caring for some of the world's most beautiful and frequently photographed faces.

Featured in Vogue, Harper's Bazaar, and many more, Dr. Lara Devgan's award-winning skincare line has been praised for integrating luxury and scientifically backed ingredients that are designed to provide users with real results.







A WORLD

FULL

OF

BOUNDLESS

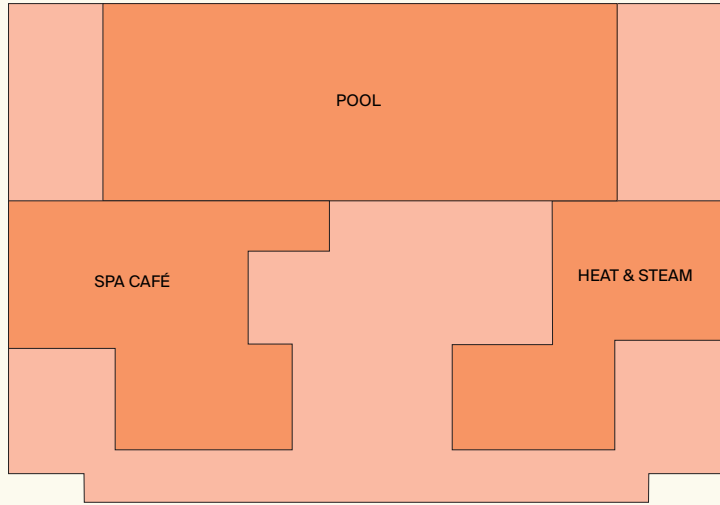
WONDER

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

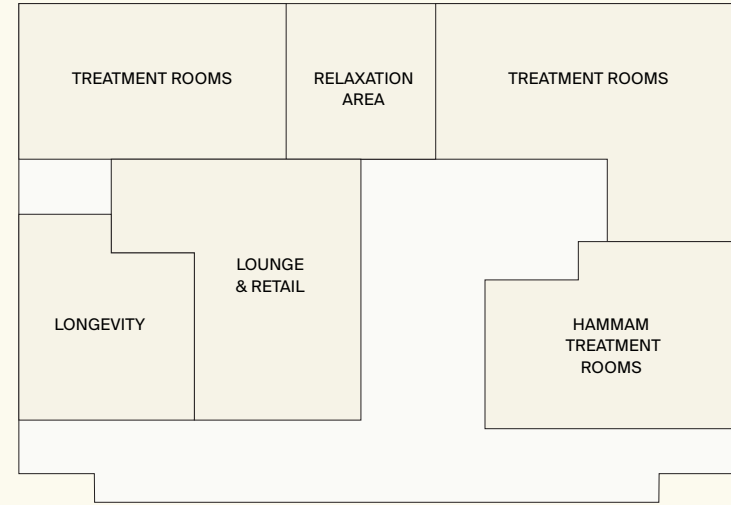
Each floor crafted by Remi Tessier is an exhibit of contemporary elegance fused with transformative wellbeing.



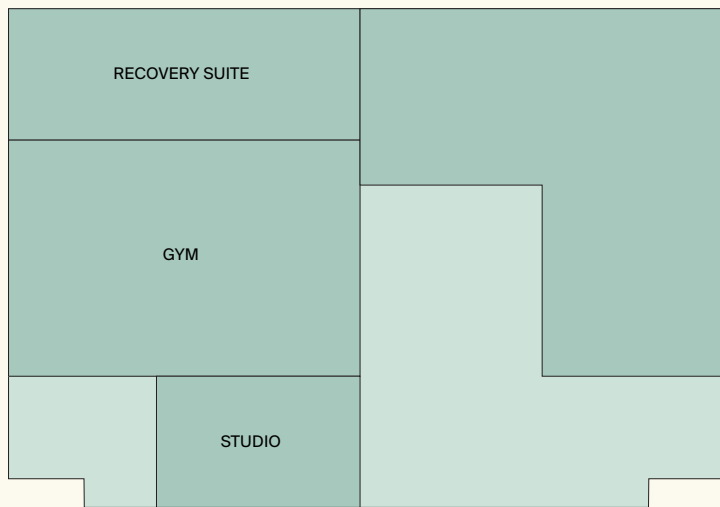
### FIRST FLOOR



### THIRD FLOOR



### SECOND FLOOR



### FOURTH FLOOR



**Pool:** The pool is the soul of Surrenne – 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.

The background of the image is a dark, moody photograph of several flowers, possibly carnations, with a color palette dominated by deep blues and purples. The lighting is dramatic, highlighting the textures of the petals and the sharp points of the stamens. The overall aesthetic is sophisticated and artistic.

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, Peloton and Hydrow, 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

# BESPOKE TREATMENTS, THERAPIES AND PRODUCTS TRULY TRANSCENDENT STATES OF BEING

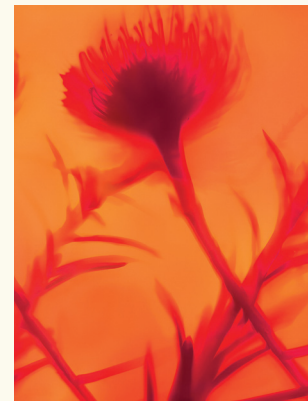
## SCALP & BODY SPA RITUAL



90 MINUTES

Your body ritual begins with a detoxifying scalp treatment. The scalp is cleansed, brushed and exfoliated before your therapist applies a hair mask. The treatment continues using steamed herbal compresses, to provide an invigorating and relaxing massage around the scalp and décolleté. Skin is dry brushed with copper bristles and exfoliated with Himalayan salt. The hair mask is removed with a further aromatic water cleanse. A deep back, neck and shoulder massage is provided and herbal compresses on specific areas of the body. Your treatment is completed with a luxurious application of body oils, balms and hydrating scalp serum.

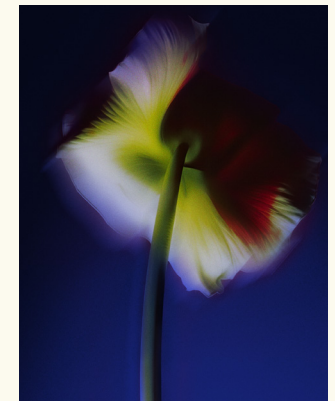
## FOUR HANDS ULTIMATE SYNCHRONISED CEREMONY



90 MINUTES

The ultimate spa treatment in which two therapists perform synchronised massage therapy in synergy with the body, creating a heightened state of relaxation. This is a choreographed treatment which restores balance using adaptogenic Chakra oil, creating a bespoke and luxurious sensorial experience.

## ASHIATSU MASSAGE



90 MINUTES

Ashiatsu massage is an ancient healing massage which provides the deepest and most relaxing treatment possible. Your treatment is performed on a futon mattress and the therapist uses feet work to release tension in the body. This massage provides a deep pressure with reduced pain than felt in a traditional deep tissue massage. Ashiatsu massage is ideal for those with deep muscle tension or those who participate in sports on a regular basis.





# UNVEIL NEW WORLDS WITHIN AND AROUND YOU

MEMBERSHIP

## 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 our Surrenne Health Physician
- One Fitness Assessment and three subsequent Assessments, 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 Surrenne 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 Surrenne, The Emory, and The Berkeley

At the heart of your Surrenne journey lies 3 Peaks Health X Surrenne 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@surrene.com](mailto:membership@surrene.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).