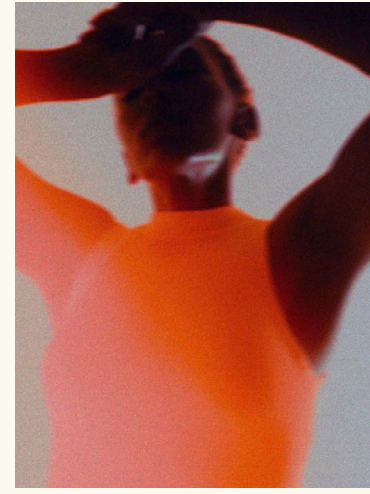




TREATMENTS

SURRENNE

2024



NEW
WORLDS OF
WONDER

⁰⁴ SIGNATURE TREATMENTS ⁰⁶ SURRENNE
¹⁰ SIGNATURE FACIALS ⁰⁸ DR LARA DEVGAN
¹⁰ FACEGYM ¹³ SCULPT AND TONE ¹⁵ MASSAGE
¹⁸ EXPERIENCE SURRENNE TOGETHER
²⁰ WET ROOM EXPERIENCES
²² HEALTH AND WELLNESS

COLLECTION

ONE

SIGNATURE TREATMENTS

SIGNATURE PURIFYING
WHITE ONYX WET SPA
EXPERIENCE

(60 MINUTES) £210

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 Alea 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 Surrene balm and oil.

FOUR HANDS ULTIMATE
SYNCHRONISED
CEREMONY

(90 MINUTES) £380

The restorative power of touch is amplified in this transcendent treatment comprising simultaneous contact by two practitioners. A careful choreograph, formulated to alleviate tension at the deepest level of the muscular tissue, is facilitated by the use of adaptogenic Chakra oil. Adaptogenics are naturally derived extracts utilised to reduce stress. Here they infuse light, aromatic oils whose purpose is to both relax the body and gently reinvigorate its energetic systems. A combination of light strokes and more concerted pressure soothes the muscles and fascia, resulting in the rebalance of both body and mind.

FACEGYM ULTIMATE
LIFT AND GLOW

(90 MINUTES) £450

For those who desire synergy, this facial unites a multitude of methods for glowing, lifted skin. It begins with a collagen balm cleanse and deep tissue facial massage – unlocking natural oxygenation from within. In this boosted state, radio frequencies will stimulate skin tightening and increase firmness. An Oxypod gracefully follows, infused with gold flakes and a copper antioxidant. For the last act, layers of hyaluronic and collagen serums prepare the skin for the renowned FaceGym Pro EMS sculpting tool. A final flourish of hydration with the Oxygen Gun seals in the hydration - leaving the face lifted and spirit uplifted.

COLLECTION

TWO

SURRENNE
SIGNATURE
FACIALS

SURRENNE GOLD FACIAL: HYDRATE, ILLUMINATE, GLAM

(60 MINUTES / 90 MINUTES)
£250 / £300

Unlock the skin's natural powers of healing and rejuvenation. This groundbreaking treatment, combining 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 application of a specially developed Geneo Serum rich in essential Vitamins E and B, as well as Hyaluronic Acid.

SURRENNE DETOX: GREEN TEA FACIAL

(30 MINUTES) £150

Harnessing the well-documented and fortifying properties of the tea leaf at its most ripe, the Surrenne Detox Green Tea Facial was developed to boost the skin's ability to resist external stressors. Powerful antioxidants supplied by Copper Gluconate and Green Tea Extract are a first defence against the free radicals commonly found in urban environments. Further benefits of these properties include refining skin texture and lending a bright, more clarified appearance. The equivalent of drinking a daily cup of warm tea, the effect is one of balance, rejuvenation, and joy.

SURRENNE BALANCE: CHARCOAL FACIAL

(30 MINUTES) £150

For skin seeking equilibrium, and relief from the effects of excess oil, charcoal has been used for millennia as a curative friend. An abundant natural resource, the Bamboo strain found commonly in parts of East Asia is particularly effective at detoxifying and soothing the body's largest organ. Used here in combination with Camu-Camu extract, which is infused with vitamins and antioxidants, the effect is one of instant gratification and harmony. Skin enjoys a lasting, healthy appearance and is spared the worry of excess shine.

DR LARA DEVGAN

PREEMINENT IN THE FIELD OF PLASTIC SURGERY AND AESTHETICS, DR. LARA DEVGAN'S CLIENTS ARE AMONG THE MOST PHOTOGRAPHED IN THE WORLD. FEATURED IN VOGUE AND HARPER'S BAZAAR, HER AWARD-WINNING PRACTICE AND SKINCARE LINE HAVE BEEN PRAISED FOR INTEGRATING SCIENTIFICALLY BACKED INGREDIENTS OF THE UTMOST EFFICACY WITH A SENTIMENT OF LUXURY AND DECADENCE.

BRIGHTENING FACIAL

(60 MINUTES) £220

Beginning with a facial steam, this definitive treatment resolves matters of dullness, hyperpigmentation, melasma, discolouration, and sun damage, utilising antioxidant-rich products from the Dr. Devgan line. The process is followed by a deep cleanse harnessing the benefits of phyto-peptides and vitamins, a microdermabrasion scrub to purify, and an antioxidant serum applied using lymphatic massage. Once purified and sculpted, the Gold Collagen Mask is then applied to the face to promote skin resurfacing; followed by Peptide Eye Cream, Resveratrol Night Cream, and Niacin+Squalene Neck Firming Cream for lasting hydration and glow.

RESTORATIVE PERFORMANCE FACIAL

(60 MINUTES) £220

A relieving treatment for skin that is subject to strenuous activity: following a facial steam, a deep, refreshing cleanse and a microdermabrasion scrub, extractions are performed to rid the skin of impurities. Alpha Beta Hydroxy Pads, followed by a gentle, microchemical peel using Salicylic, Glycolic, and Lactic Acid are then applied to prevent any further build-up. Once cleansed, a relaxing deep tissue is facilitated by the niacinamide-infused Hyaluronic Serum which also has the benefit of promoting the production of collagen and elastin. This is then followed by the nourishing Gold Collagen Face Mask, before a lasting dose of hydration from Peptide Eye Cream, Resveratrol Night Cream or Advanced Recovery Cream, and Niacin+Squalene Neck Firming Cream.

THE REJUVENATING FACIAL

(90 MINUTES) £300

For depleted skin in search of nourishment, this specialist treatment begins – like all of our facials – with a steam, followed by a deep, refreshing cleanse and a microdermabrasion scrub. Here the latter is combined with a deep-tissue lymphatic massage to rid the skin of impurities and promote a more sculpted appearance. Improving barrier protection and bolstering the skin against external stressors, Niacinamideinfused Hyaluronic Serum and Vitamin C+B+E Ferulic Serum are applied liberally before the Gold Collagen Mask which promotes skin resurfacing and collagen production. Peptide Eye Cream, Resveratrol Night Cream, and Niacin+Squalene Neck Firming Cream provide lasting nourishment and improve the appearance of fine lines.

FACEGYM

FACEGYM IS THE ORIGINAL NON-INVASIVE FACE WORKOUT AND ONLY GYM STUDIO FOR THE FACE. FOUNDED BY FORMER BEAUTY AND WELLNESS COLUMNIST INGE THERON, FACEGYM WAS BORN OUT OF THE INSIGHT THAT REGULAR MUSCLE MOVEMENT CAN CREATE IMMEDIATE AND LASTING IMPACT ON HOW WE LOOK AND FEEL. FACEGYM USES SIGNATURE MUSCLE MANIPULATION TECHNIQUES , HI - TECH TOOLS AND THEIR OWN AWARD WINNING SKINCARE RANGE TO LIFT, SCULPT AND TONE THE FACIAL MUSCLES WHILST BOOSTING COLLAGEN PRODUCTION FOR IMMEDIATE AND LONG LASTING RESULTS.

CRYO MEDI LIFT WORKOUT

(60 MINUTES) £230

A four-part programme to restore life and vitality to the complexion. This treatment combines our signature muscle manipulation techniques with your choice of Medi-Lift EMS technology (face or eye), Active Roller (a non-invasive manual micro needling tool), or a high-pressure shot of Cryo Oxygen. To finish is a relaxing neck and shoulder massage.

FACEGYM CRYO CONTOUR

(60 MINUTES) £215

Our most intense workout, this facial provides deep hydration and contouring, by combining FaceGym's energetic Signature Sculpt with a potent shot of frozen CO2. The jolt to the system revitalises and replenishes.

FACEGYM CLEAN AND LIFT

(60 MINUTES) £200

A vibrant treatment to reawaken, combining FaceGym's energetic Signature Sculpt with a deep cleanse and a SKIN IV nutrient-rich infusion. The result is a noticeable healthy glow and more sculpted appearance.

SIGNATURE SCULPT

(30 MINUTES) £110

The definitive FaceGym experience. This high-intensity facial workout combines our legendary muscle manipulation techniques with our results-driven skincare and EMS technology for a powerful face sculpting session that lifts and refines. It also stimulates collagen production, improves circulation, aids lymphatic drainage, and enhances definition of the facial contours.

FACEGYM
VITAMIN
BOOSTER

£35 ADD-ON

A quick, revitalising surge of vitamins A, C, E, and B5 to promote health and radiance.

FACEGYM
CRYO OXYGEN
BOOSTER

£120 ADD-ON

A non-invasive and deeply hydrating booster for targeting dull, dehydrated skin. The frozen shot of CO2 also contains hyaluronic acid to plump fine lines, enhance skin texture and improve hydration.

FACEGYM
HYLAURONIC ACID
BOOSTER

£110 ADD-ON

A booster to amplify the skin-plumping and hydrating benefits of a FaceGym workout. Microneedles filled with pro-grade hyaluronic acid, peptides, and antioxidant Centella asiatica work to rejuvenate the skin from within, increasing elastin and collagen production. Each treatment includes a roller to take home and use again.

COLLECTION

THREE

SCULPT

AND TONE

EMSCULPT NEO

(30 MINUTES) £400 per session
 £2,000 (Bundle of 6)
 £3,600 (Bundle of 12)

Harness the power of radio frequency and high-intensity electromagnetic technology with the latest innovation in non-invasive body sculpting. This treatment enhances muscle definition, reduces fat cells and refines body contours by synchronously triggering intense muscle contractions and fat reduction. While lying comfortably, applicators are placed on the target areas and rhythmic pulses cause the muscles to contract. The sensation is warm and felt deep within the body. Fat cells begin to break down and the muscle fibres build up. A 30-minute session mimics an astonishing 20,000 squats or crunches. Time is precious but yields to any desire. Depending on the journey, multiple sessions may be recommended for optimal results – normally spaced a few days apart. Unleash the potential of body sculpting and marvel at the results.

ELECTROMYOSTIMULATION (EMS TRAINING)

(20 MINUTES) £160 per session
 £1,300 (Bundle of 10)

Strength is a vital aspect to longevity and health. And so, a new form of whole body strength training is always welcome. Especially one that is as magnificently effective and time efficient as EMS Training. The programme comprises one 20-minute session a week with a certified trainer. It unites electrical activation of muscle fibres with simple yet targeted bodyweight exercises. While there are no additional weights – making this training gloriously easy on the joints – medically-certified Miha Bodytec EMS equipment is used under the watchful eye of the trainer. The German-made equipment also helps to alleviate non-specific back pain and resist age-related muscle loss. Embraced by leading biohackers, sports professionals and celebrities across the globe, look to EMS Training when short of time or to amplify existing strength training. Supercharged muscles and head-to-toe wellness await.

COLLECTION

FOUR

MASSAGE

I NEED IT ALL

TIME TO HEAL

(60 MINUTES / 90 MINUTES)
£195 / £260

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.

DOWNTIME

TIME TO PAUSE

(60 MINUTES / 90 MINUTES)
£195 / £260

This restorative procedure begins with a full body massage, comprised of elongated strokes to enhance relaxation. The feet are then warmed, and reflex points are massaged. All of which takes place on the comfort of a heated water mat. A variation on Shirodhara, an Ayurvedic procedure in which warm adaptogenic oil is poured from a vessel onto the forehead's third eye chakra. Here, the therapist conducts a similar routine by hand, followed by a deep head massage to improve sleep quality, relax the nervous system, and alleviate stress.

BALLET BODYWORK

TIME TO RECOVER

(60 MINUTES / 90 MINUTES)
£195 / £260

Inspired by the techniques used to revive weary ballet dancers, over the course of the treatment, magnesium is applied to the muscles and joints in a tailor-made approach to suit your specific needs. A deep tissue massage is then performed whilst the infrared lamp penetrates heat into the upper body. The massage continues with the legs and feet. Additionally, cool and heat elements are introduced to the body, along with assisted stretches to encourage muscle recovery. The 90-minute treatment also includes a 30-minute deeply restorative and comforting infrared sauna session.

DEEP TISSUE
ADAPTOGENIC

TIME TO RELEASE

(60 MINUTES / 90 MINUTES)
£195 / £260

Adaptogenics are natural ingredients celebrated for their ability to calm and soothe. Supplied here in aromatic oil form, they are applied to the skin using a range of techniques, including deep tissue massage, stretching, infrared heat, live sound therapy, and biodynamic approaches to provide you with stress reduction, pain relief, emotional release, a sense of security and renewed confidence in your body. This adaptogenic massage goes beyond the surface, helping to shift energies, connecting you with your deeper self. Discover profound relaxation and balance.

ASHIATSU

TIME TO STRETCH

(60 MINUTES / 90 MINUTES)
£210 / £280

The Japanese tradition of Ashiatsu is a deep tissue compression massage in which the therapist delivers broad, consistent pressure using their feet and body weight. Working with gravity, and parallel bars above the massage table for balance and support, this is a fluid and relaxing alternative to other deep-tissue techniques. It is enhanced using your choice of cream or oil.

MATERNITY
MASSAGE

TIME TO REFRESH

(60 MINUTES / 90 MINUTES)
£195 / £260

Gentle, cautious, and attentive, this specialist treatment is designed for expectant and new mothers alike, from the second trimester through to post-partum. Emphasis is on the alleviation of muscle tension and fatigue, with gentle strokes applied to the whole body and specific areas of concern, while assisting to ease any other attendant discomfort during and after pregnancy.

EXPERIENCE SURRENNE TOGETHER

A SELECTION OF PRIVATE EXPERIENCES FOR COUPLES AND DUOS – THE PERFECT OPPORTUNITY TO RELAX WITH A FRIEND OR LOVED ONE. PLEASE CONTACT SURRENNE EXPERTS TO CREATE PRIVATE BESPOKE RITUALS SELECTED FROM OUR EXTENSIVE TREATMENT MENU.

MOTHER AND DAUGHTER

(60 MINUTES) £340 FOR TWO

A restorative way to consolidate bonds and spend quality time. Tune out from the world and unwind in our relaxing environs while enjoying a side-by-side massage. Relieve stress, experience deep muscular decompression, and relish in an aromatic ambience alongside the company of your nearest and dearest.

COUPLES RITUAL

(90 MINUTES) £450 FOR TWO

Experience harmony together, with a relaxing side-by-side massage specifically designed to balance the body's energy points. Warm adaptogenic oil is also poured onto the forehead's third eye chakra, followed by a scalp massage to improve sleep quality, relax the nervous system and treat stress, anxiety, and insomnia. The treatment continues with a full-body massage.

COLLECTION

FIVE

WET ROOM EXPERIENCES

BESPOKE CLEANSE & PURIFY

(60 MINUTES) £210

This classic full-body wet spa experience starts with an aromatic steam bath to open the pores and activate the senses. Olive-based soap is then used to deep cleanse the skin before an exfoliation mitt is applied to increase circulation. Your chosen clay body mask is painted on to the whole body, while a facial mask is applied, and the hair is cleansed. The treatment is finished with a personal choice of balms, oils, or whipped shea butters.

SCALP AND BODY SPA RITUAL

(60 MINUTES) £210

Experience crown-to-toe replenishment and full body indulgence. The treatment begins with five minutes of steam followed by a relaxing full body massage with aromatic herbal compresses to calm the muscles and liberate the pores. The scalp is deep cleansed using vegan silk peptide and keratin shampoo. It is then exfoliated with jojoba beads infused with mint to reawaken and refresh. A nourishing scalp mask is then applied alongside a deep intensive scalp massage where gua sha is used to stimulate the blood vessels, after which the hair is combed. Whilst the mask is on, the therapist will perform a facial cleanse and mask application. This is finished with scalp serums and ultra-light hair oil.

FOUR HANDS SCALP & BODY RITUAL

(60 MINUTES) £490

Total rejuvenation beckons, all at the hands of two practitioners performing a synchronised detoxing scalp and full body ritual. Cleansing, brushing and exfoliating prepares the scalp for a hair mask. A massage around the scalp and décolleté melts tension away. Exfoliation with Hamman soap followed by honey, oil and a mineral-rich infusion of salts awaken the skin's inner glow. A cleansing ceremony removes the hair mask. And without missing a beat, on goes the body mask – tailored and specially mixed – in a dance with a scalp massage. Drawing the ritual to a close is a four-handed massage with luxurious souffle body oils, balms and hydrating scalp serum. Emerge deeply cleansed and renewed.

PURIFYING SCALP TREATMENT

(30 MINUTES) £75 ADD-ON

The scalp is deep cleansed using vegan silk peptide and keratin shampoo. It is then exfoliated with jojoba beads and rinsed with rose water to reawaken and refresh. A nourishing scalp mask is then applied while you receive a deep intensive scalp massage. A Kansa wand is used to stimulate the scalp, and the hair is combed. This is finished with scalp serums and ultra-light hair oil.

COLLECTION

SIX

HEALTH AND WELLNESS

3 PEAKS X SURRENNE

3 Peaks Health is a 360 degree healthcare company that has a focus on health and lifespan maximisation.
3 Peaks Health services are available at Surrenne offered by Dr. Mark and his team.

Dr. Mark Mikhail graduated from Imperial College London. He trained in Oxford, teaching clinical surgery to Queen's College before moving back to London as a Plastic and Reconstructive surgeon for the NHS. Dr. Mark is an innovative, longevity expert at the cutting edge. He utilises a holistic and scientific approach, made robust by his ongoing involvement in research and outstanding clinical acumen.

CONSULTATIONS

GP CONSULTATION
£500
From £600 Out of hours
(45 minutes)

**FUNCTIONAL MEDICINE
CONSULTATION** £450
(60 minutes)

FULL HEALTH CHECK
Various packages available
including further diagnostics at
One Welbeck Hospital available
- based on initial consultation,
previous testing, history
and need.

FITNESS ASSESSMENT £150
(60 minutes)

NUTRITIONIST SESSION £400
(60 minutes)

BLOOD TESTING

PRICE RANGE £150-£1500

Each contains two
appointments, a 30 minute test
and 45 minute consultation with
results.

Example areas of investigation:
General wellness check
Hormonal health
(plus fertility/reproductive)
Performance health
Metabolic health
Skin allergy testing
Cancer screening
Sexual health
Gut health
Hair loss

**FUNCTIONAL
TESTING**

VO2 MAX TESTING £350
(15 minutes)

**RESTING METABOLIC
ANALYSIS** £250
(30 minutes - fasting for a
minimum of 4-5 hours)

**MOVEMENT AND
MUSCULOSKELETAL ANALYSIS**
£250
(45 minutes)

**GUT, NUTRITIONAL
AND METABOLIC
HEALTH**

MICROBIOME ANALYSIS £500
Personalised prebiotic can
be created by the laboratory
to support developing your
personal microbiome.
(Completed at home,
results within 4-6 weeks)

**FOOD INTOLERANCE
TESTING** £400
(30 minutes bloods,
results within 2 weeks)

NUTRITIONAL PLANNING
Price based on requirements

PRE/PRO/SYN BIOTICS
Price based on requirements
and personalisation

**GUT, NUTRITIONAL
AND METABOLIC
HEALTH**

**CONTINUOUS GLUCOSE
MONITORING** £550
30 days -
20 minute explanation,
30 minute consultation,
45 minutes interpretation time

**SIBO TESTING – FOODMARBLE
AMBULATORY TESTING FOR
METHANE/HYDROGEN** £350
(45 minute consultation)

IMAGING & SCREENING
On request

BIOLOGICAL AGE TESTING

The future of preventative medicine analysis shows your biological age on a cellular level. Protocols can be put in place to target key ageing pathways.

DNA METHYLATION (EPIGENETICS) WITH TELOMERES AND PACE OF AGEING ANALYSIS £600

GLYCANAGE £500

WHOLE GENOME SEQUENCING £850
Including Methylation Genetics targets

TREATMENTS

OSTEOPATHY
Prices vary, starting from £200 for 45 minutes

CHIROPRACTOR
Prices vary, starting from £160 for 30 minutes

REFLEXOLOGY
Prices vary, starting from £180 for 60 minutes

PHYSIOTHERAPIST
Prices vary, starting from £280 for 60 minutes

HYPERBARIC CHAMBER
£150 (45 minutes)
£600 (Bundle of 5)
£1050 (Bundle of 10)

ELECTROMYOSTIMULATION
£160 (20 minutes)
£400 (Bundle of 4, to be used within 1 month)

GP SERVICES

CONSULTATIONS
£500 at Surrenne
£600 Home visit
£600 Out of hours
£150 Phone consultation

PAEDIATRIC CONSULTATIONS
£500 Home visit
£650 Out of hours

MEDICATION PRESCRIPTIONS
from £50
Delivery service available

EAR MICROSUCTIONING £250
(45 minutes)

FITNESS TO FLY / WORK CERTIFICATE £150

VACCINATIONS
Prices vary
(45 minutes)

SUPPLEMENTATION

Pricing dependent on selection and need
NAD+ FOR HOME £375

INFUSIONS AT HOME / IN-ROOM
On request

ORAL SUPPLEMENTS
Prices vary

HYDROGEN INHALATION
£50 (30 minutes)

FURTHER DIAGNOSTICS

At OneWelbeck

MRI/MRA BRAIN SCAN £1200

ECHOCARDIOGRAM £800

ULTRASOUND CAROTIDS £500

AI MOLE MAPPING AND DERMATOLOGIST CONSULTATION £800

COMPUTED TOMOGRAPHY ANGIOGRAM £1000

BODY COMPOSITION ANALYSIS £350-£1500
Dependent on modality

LUNG FUNCTION TESTING
£600

MEN AND WOMEN FERTILITY ANALYSIS
Prices vary

MAMMOGRAM / ULTRASOUND / MRI BREAST £400-£1500
Dependent on combination required

55