

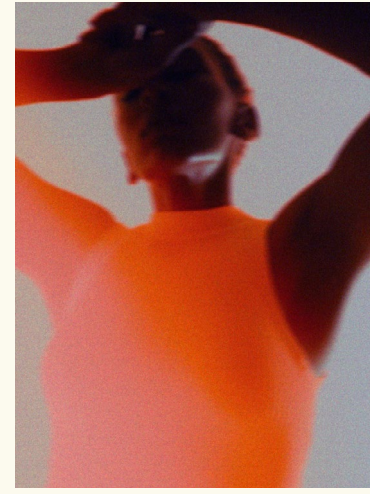


TREATMENTS

# SURRENE

2024





NEW  
WORLDS OF  
WONDER

<sup>04</sup> SIGNATURE TREATMENTS <sup>06</sup> SURRENNE  
<sup>10</sup> SIGNATURE FACIALS <sup>08</sup> DR LARA DEVGAN  
<sup>10</sup> FACEGYM <sup>13</sup> STELLA MCCARTNEY <sup>15</sup> MASSAGE  
<sup>18</sup> EXPERIENCE SURRENNE TOGETHER  
<sup>20</sup> WET ROOM EXPERIENCES  
<sup>22</sup> HEALTH AND WELLNESS



COLLECTION

ONE

# SIGNATURE TREATMENTS

## 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 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.

## ASHIATSU

(90 MINUTES) £280

Ancient wisdom is used to alleviate a host of modern complaints, with this deep-tissue massage hailing from Japan. Ashiatsu – translated to ‘foot pressure’ – is delivered on the soft support of a futon mattress by a skilled practitioner. Applying the heels, toes, arches, and occasionally the whole foot surface to various body parts, particularly the larger muscles of the legs and back body, they are cleansed of any aches or discomfort. Less physically demanding than other forms of traditional deep-tissue massage, this treatment is nevertheless suited to those who regularly participate in sport.

COLLECTION

TWO

SURRENNE  
SIGNATURE  
FACIALS



## SURRENNE OXYGENEO 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



## 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 RADIO FREQUENCY

(75 MINUTES) £330

A more intense variation on our classic treatment: the Signature Sculpt workout is given an upgrade in the form of additional radiofrequency. After just one transformative session, skin appears plumper and more sculpted.

## 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  
SHOT

£35 ADD-ON

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

FACEGYM  
CRYO OXYGEN  
SHOT

£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  
ROLLER

£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.

FACEGYM  
RADIO  
FREQUENCY

£95 ADD-ON

One area: Eye, lip, jaw, or cheek.

STELLA BY STELLA  
MCCARTNEY



## STELLA BY STELLA MCCARTNEY

(60 MINUTES) £220

Our most sustainable facial treatment harnessing the healing power of mother nature. Using 99% organic ingredients, rich in nutrients, your skin will enjoy a thorough cleanse. A facial massage follows, incorporating reflex points, lymphatic drainage, and deep tissue techniques to release any obstruction in the connective tissues of the face and neck. Deeper relaxation, and greater lymphatic flow, allow for plumpness of the skin and the smoothing of fine lines.

COLLECTION

THREE

# MASSAGE



## I NEED IT ALL

## DOWNTIME

## BALLET BODYWORK

(60 MINUTES / 90 MINUTES)  
£195 / £260

(60 MINUTES / 90 MINUTES)  
£195 / £260

(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.

This restorative procedure is 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. The treatment continues 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.

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 on the legs, feet, and back. 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

(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

(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

(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

FOUR

# 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.

## 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 Surrenne balm and oil.

## HAIR CLEANSE

(15 MINUTES) £50 ADD-ON

Following your treatment, a hair and scalp cleanse are performed using vegan silk peptide and keratin shampoo and conditioner. This is followed by the application of a soothing scalp serum and hair oil.

## 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 infused with mint to reawaken and refresh. A nourishing scalp mask is then applied while you receive a deep intensive scalp massage where gua sha is used to stimulate the blood vessels, and the hair is combed. This is finished with scalp serums and ultra-light hair oil.



COLLECTION

FIVE

# 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 Dr. Missagh Fini.

Dr. Mark graduated from Imperial College London, with a medical degree and a Bachelor's in Medical Sciences and Gastroenterology. He trained in Oxford, teaching clinical surgery to Queen's College before moving back to London for Plastic and Reconstructive surgery training. 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.

Dr. Missagh Fini is a consultant GP who graduated from King's College London before going on to complete further postgraduate degrees in Neuroscience and Sport & Exercise Medicine, with distinction. His main interests lie in Function and Performance, and together with his qualification as a General Practitioner, he expertly manages a vast array of medical issues whilst also using data to guide his patients to an uncharted, higher level of health and wellbeing.



**CONSULTATIONS**

**BLOOD TESTING**

**FUNCTIONAL TESTING**

**GUT, NUTRITIONAL AND METABOLIC HEALTH**

**GUT, NUTRITIONAL AND METABOLIC HEALTH**

**GP CONSULTATION**  
£325 at Surrenne  
£500 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.

**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

**VO2 MAX TESTING** £350  
(60 minutes)

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

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

**MICROBIOME ANALYSIS** £400  
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

**RESTING METABOLIC ANALYSIS** £250

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

**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)

**GASTROSCOPY**  
Price on request - location dependant

**COLONOSCOPY**  
Price on request - location dependant

## 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**  
£100 (45 minutes)  
£450 (Bundle of 5)  
£800 (Bundle of 10)

**ELECTROMYOSTIMULATION**  
£250 (45 minutes)  
£400 (Bundle of 4, to be used within 1 month)

## GP SERVICES

**CONSULTATIONS**  
£325 at Surrenne  
£350 Home visit  
£500 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+ AT HOME £375**

**INFUSIONS AT HOME / IN-ROOM**  
On request

## FURTHER DIAGNOSTICS

At OneWelbeck

**MRI/MRA BRAIN SCAN £1200**

**ECHOCARDIOGRAM £800**

**ULTRASOUND CAROTIDS £400**

**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