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# SURRENNE

A NEW ERA OF WELLBEING

SURRENNE in Knightsbridge is London's new next generation wellbeing and longevity

Members' Club. SURRENNE seamlessly blends the wonders of the earth, advancements in modern science, and cutting-edge treatments, providing a holistic approach to emotional wellness and physical health. Setting a new paradigm in longevity and human optimisation, the concept is founded on science backed evidence-based protocols, co-created with the thought leaders of our generation, offering a ground-breaking menu of health programming.

SURRENNE is a new brand launched by Maybourne, whose prestigious global hotel portfolio includes Claridge's, The Connaught, The Berkeley, The Maybourne Beverly Hills, The Maybourne Riviera, and new London property The Emory. The Club embraces the group's unparalleled service and peerless quality, with a new interpretation of wellness experiences.

With interiors by visionary designer Remi Tessier, SURRENNE, where high-tech meets modern ritual, is set over four floors, with nearly 2,000 square metres entirely devoted to health and wellbeing, as well as a state-of-the-art gym. The Club is home to an uber-modern 22m swimming pool, complete with sound system for in-water meditation, and offers a wide array of indoor and outdoor fitness classes as well as wild swimming, given its location opposite Hyde Park.



Roland Fasel COO of Maybourne says; "We understand that health, wellbeing, and longevity are at the forefront of our guests' minds, and appreciate the complexities involved in getting the balance right. By tapping into the incredible expertise of Virtusan's Scientific Advisory Board, and leveraging the latest evidence-based technical advances, we are confident that we will be better able to meet our guests' needs wherever they are in their wellness journey."

Fusing primary need states - energy and serenity; SURRENNE introduces a new approach as a global first, with its ground-breaking Longevity Clinic in partnership with tech pioneers

Virtusan. SURRENNE will offer Members' and hotel guests the latest in evidence-based methodologies, and diagnostics backed by neuroscience. Together they have meticulously crafted longevity and fitness protocols that cater to the individual, ensuring optimal performance, cognition and targeted physical training.

# SURRENNE

Conceptualised by industry leader Inge Theron, Creative Director of Spa and Wellness Design for Maybourne describes Surrenne;

“Surrenne is a new era of ultra-luxury social wellbeing. Our concept is founded on science backed evidence-based protocols co-created with the thought leaders of our generation. Where high tech meets modern ritual, we boost human performance across four floors of sumptuously designed, intentionally curated spaces, offering a unique wellness experience, fun fitness, efficacious products, and community. Whether you are coming for sit-ups or science we have it all perfectly packaged by award-winning designer Remi Tessier and myself. Together, we have redefined luxury wellness.”



## BRAND PARTNERS

Introducing a global first, with its ground-breaking Longevity Clinic in partnership with tech pioneers Virtusan. Their distinguished Scientific Advisory Board includes Dr. David Sinclair and Dr. Shauna Shapiro. Offering members' and hotel guests the latest in evidence-based methodologies, and diagnostics backed by neuroscience.

The UK's first, long-awaited, studio from global fitness pioneer Tracy Anderson offering her revolutionary Tracy Anderson Method workouts designed to work every muscle in the body beloved by celebrities from Gwyneth Paltrow to J. LO and Tracey Ellis Ross. The studio has been designed with Tracy's Super G Floor, which minimises impact and burns triple the calories as well as the Iso-Kinetic band system.

A UK-first partnership with Dr. Lara Devgan - one of America's preeminent plastic surgeons has created three bespoke facials – brightening, restorative performance and rejuvenating the skin. Dr Devgan will also be a regular on site seeing her local clients throughout the year as one of our leading expert-in-residence programme.

A UK-first partnership with Stella McCartney skin care, which will offer her bespoke 60-minute facial harnessing the healing benefits of mother nature. Using Stella McCartney skincare products containing at least 99% natural-origin ingredients - the product formulas include active extracts with high-nutrient contents, for proven results and a lighter impact on our planet.

High-performance signature face workouts and add-ons by FaceGym, as well as exclusive body protocols only available at SURRENNE.

Rose Ferguson, celebrity nutritionist designed micronutrient longevity smoothie & drinks menu served in the Surrenne Health Café.

Surrenne Health Café featuring a range of dishes co-created with our Scientific Advisory Board, offering seasonal dishes and an advanced range of supplements including Best Selling Author Davinia Taylor WillPowders, Dirtea Mushrooms and Virtusan to support each members' personalised nutrition program.



# SURRENNE

DISCOVER FOUR FLOORS OF SUBTERRANEAN SPACE DEDICATED TO WELLBEING



THE WET ZONE



TREATMENTS AND LONGEVITY FLOOR



The Wet Zone features an elegant 22 metre pool with a gold leaf ceiling and skylight feature, which floods the pool during daylight hours, while carefully designed candlelight picks up the night swims. The pool also features a sound system for in-water meditation during laps.

Flanking the lap pool are custom Remi Tessier-designed couples' cabanas and single loungers fully serviced by the Health Café, offering a wide selection of refreshments, whether you are coming to tea or having a martini pool side.

Evidence-based deliberate cold and heat exposure in ultimate luxury, custom sauna with a frozen Aloe Vera station for post-heat exposure, a steam room with a unique daily infusion, and one of the UK's first snow showers.

Surrenne Health Café, offering seasonal dishes and an advanced range of supplements, as well as personalised nutrition programmes and an exclusive longevity drinks menu from nutritionist, Rose Ferguson.

Seven beautiful treatment rooms, including one couple's suite, and a floor based Ashiatsu room, which allows Surrenne to boast one of the largest selections of massage on menu in the UK.

A team of massage masters have been brought in to offer traditional and new modalities, including our much-anticipated full body and scalp treatment, which is offered in the private rooms that feature white Onyx heated stone beds.

Surrenne Signature Experiences: harnessing the power of AI-enhanced sound, lighting, and scent, together with the best hands in the business, we have created bespoke treatments perfectly choreographed to work on the body and the nervous system for inside-out healing.

Surrenne offers a range of high-tech signature facials which include Radio Frequency, Oxygenation Therapy and Ultrasound.

A medically led longevity lounge with consultation room for GP and other expert practitioner appointments.

Active recovery zone with biohacking staples such as a medical-grade 2.0 Hyperbaric Oxygen Chamber, VO2 Max testing and a full suite of diagnostics, microbiome mapping and epigenetic testing.



# SURRENNE

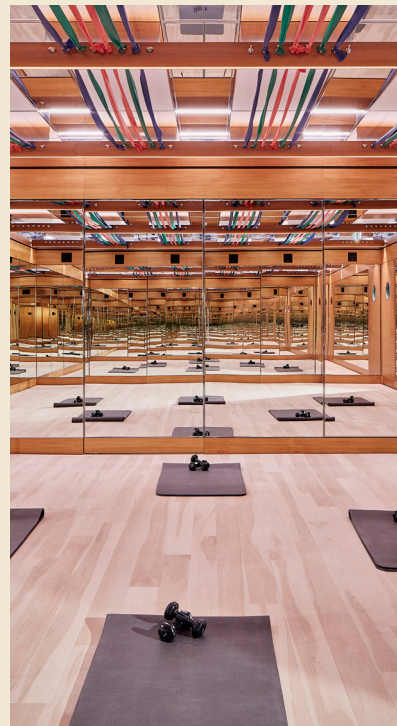
## THE FITNESS FLOOR

The gym features a personal training and custom diagnostics room which offers baseline testing including Evolt 360 - the most advanced body composition scanner on the market. Technogym, Woodway and Watson are some of the hand-picked tech brands in the gym, which includes cardio and strength training as well as a recovery zone offering customised assisted-stretch sessions, body-rolling and a complimentary Hypervolt recovery station.

An interactive digital screen in fitness studio offers an extensive menu of yoga, Pilates, and fitness classes on demand.

Taking advantage of its premium location with a strong outdoor fitness program in London's Hyde Park where Wild Swimming classes will take place in the Serpentine.

For those who want to stretch in-suite; the drive-in on-demand fitness trolley can be booked and delivered with or without a personal trainer.



## THE TRACY ANDERSON FLOOR

An entire floor dedicated to The UK's first, long-awaited, studio from global fitness pioneer Tracy Anderson offering her revolutionary Tracy Anderson Method workouts, designed to work every muscle in the body, beloved by celebrities from Gwyneth Paltrow to J. LO and Tracey Ellis Ross.

The Tracy Anderson Method is a natural fit for SURRENNE, as both partners have a shared commitment to wellbeing and curated luxury experiences backed by science.

Tracy Anderson studios offer members a programme that focuses not only on fitness, but also nutrition and overall wellness.

The studio has also been designed with Tracy's Super G Floor, which minimizes impact and burns triple the calories as well as the Iso-Kinetic band system.

The studio includes a private locker room, shower room and a Tracy Anderson retail space.

# SURRENNE

## ADDITIONAL DETAILS

The music for Surrenne is a core differentiator and a world first. Partnering with a team of functional neuroscientists to create AI generated soundscapes to induce states of deep relaxation and aid restful sleep, support focus, productivity, performance, and cognitive enhancement.

Infinite sounds mean you will never hear the same beat twice and this sound will be played in the pool as well as the recovery heat, steam, and snow spaces to support.

Makers from around the world have been hand selected to create a dreamy universe and include Helle Mardahl coloured glass painters' palettes, handmade silk bed dressing from Japan, and custom art from Damian Hirst.

French Artist Jean Baptiste Huyn hand painted each treatment wall canvas to depict the sunrise and sunset as well as the moon and sun eclipse around every mirror in every room. To enhance the feeling of other worldliness.



## MEMBERSHIP AND ACCESS

Launch Date: April 2024.

Guests of The Berkeley and The Emory will receive complimentary access to SURRENNE as part of their stay at the hotels.

For further details on applying for Membership to SURRENNE contact: [membership@surrenne.com](mailto:membership@surrenne.com) or visit [@surrenne](https://www.instagram.com/surrenne) on Instagram

For all press enquiries regarding SURRENNE contact: [zzpressoffice@maybourne.com](mailto:zzpressoffice@maybourne.com)