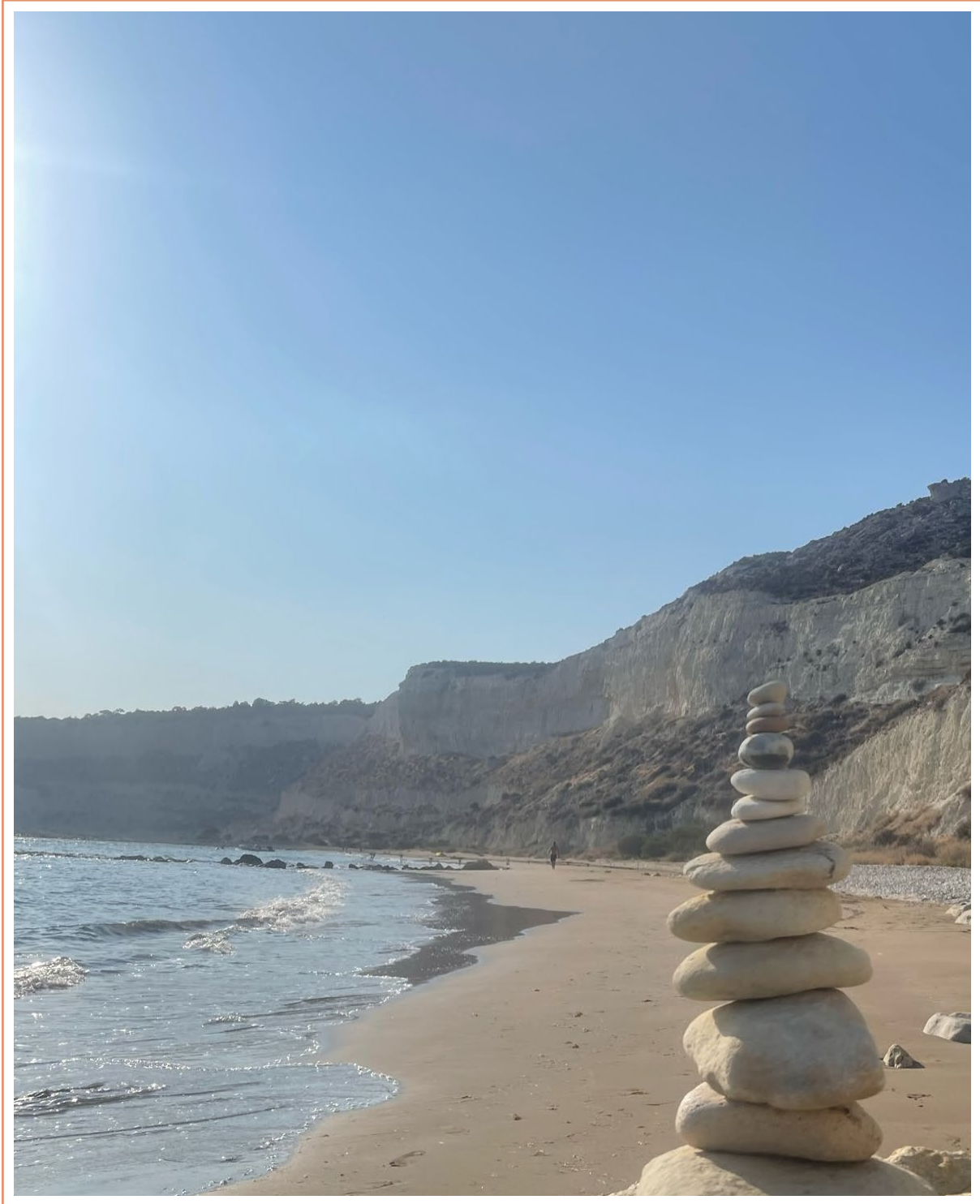


MORE THAN HEALTH RETREATS



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FONTSANTA · MALLORCA · SPAIN
9/10 NOVEMBER - 18/19 NOVEMBER 2023

RETREAT PROGRAM



Initial medical consultation with Dr Franziska Meuschel

Daily manual abdominal treatments overseen by Dr Meuschel

Daily medical review and consultation of individual diet, detoxification support and treatment plan

Nutritional counselling, orthomolecular medicine and micro-immunotherapy

Daily monitoring, evaluation and consultation of parameters, oxygen saturation, blood pressure, heart rate and heart rate variability

Introduction to cold water therapy with Wim Hof trained specialist: from swimming in the sea in November to the full ice bath experience....

Daily Spa water treatments followed by lymphatic drainage, part or full body wellness massage by specialist therapists

Daily Yoga sessions and deep relaxation meditation

Additional tailored treatments as needed including osteopathy, physiotherapy, acupuncture, psychotherapy, sleep training and homeopathy

Participation in therapeutic workshops or excursions

Course of Adaptive Resilience – based on group sessions with introduction to core techniques of physiology and psychology of stress and resilience.

Introduction to EMDR as means of accessing and dealing with traumatic events of the past.

Plus additional one-to-one sessions with Retreat Psychologist

Plus a one-to-one session in Leadership Training or Coherence Training with Specialist Physician

Final consultation with and design of the aftercare program by Dr Franziska Meuschel

N.B. Non-medical elements are subject to change



ARRIVAL

Earliest 9 November 2023 · Check-in 12:00 to 15:00

DEPARTURE

Latest 19 November 2023 · Check-out by 11:00

LENGTH

Maximum 10 nights · Minimum 8 nights

RETREAT

Suite or villa at 5 star resort

BOARD

Full board

COST

email atyourservice@morethanhealth.com · non-participating spouses welcome

INCLUDES

Accommodation, food & beverages, all-inclusive Retreat program, concierge service, 24 hour doctor on call

EXCLUDES

Flights, additional external medical treatments, medicines, tests or referrals

THE TEAM

Medical Director – Dr Franziska Meuschel
Retreat Psychologist
Retreat Specialist Physician
Retreat Therapist
Retreat Osteopath
Retreat Health Coach
Retreat Organisation / Logistics – dt

PRE RETREAT

Guests will have comprehensive blood tests and full assessments prior to the Retreat by:

Dr Franziska Meuschel
Functional Medicine and Nutrition assessment

Psychological assessment or Autonomic Nervous System and Resilience assessment by Senior Team Member

POST RETREAT

Guests will be enrolled in an aftercare program with the Retreat Team members to ensure the changes can be sustained

BOOKINGS

By invitation only



RETREAT PROGRAM - GUESTS AND SPOUSES

If you have chosen to bring a spouse, family member or friend with you on our More Than Health Retreat we are sure they are going to enjoy a very peaceful, calming restorative time within the beautiful and exclusive Mallorcan resort.

We would like to give your guests an authentic experience of a More Than Health Retreat – so they will have access to everything other than the actual fasting and tailored medical treatments. We include wellness treatments e.g. massages, depending on the availability during their stay as well as the other daily scheduled activities such as yoga or guided walks etc. We will also do our best to arrange at least one taster appointment with one of our medical team per guest.

For your family members/spouse/friends who would like to experience an exclusive More Than Health Retreat the following are included:

- Shared accommodation
- Food – breakfast and lunch with one Retreat guest. Dinner, à la carte: three choices of organic, local, seasonal foods catering for a variety of different diets
- Full use of the 5* facilities and services to relax and unwind including the spa with indoor as well as outdoor pool, sauna and steam room
- Free participation in all daily group activities e.g. guided walks, Yoga, Meditation or specialist workshops (workshops subject to availability)
- One wellness treatment per day e.g. part or full body massage
- 30 mins complementary appointment 'taster session' with one of the medical team (subject to availability on the day) for general advice.

Please note: for insurance reasons no individual advice, recommendation or prescription can be given, however general advice and, where applicable, guidance on accessing local services etc will be given.

- Use of concierge services

Your personal Retreat journey.

Whilst we are really happy you have chosen to share your Retreat time with a friend, spouse or family member, we are mindful that it should not distract you too much from your own Retreat journey.

During this Retreat, More Than Health has exclusive use of the resort, and the catering is tailored to those clients who are on the Retreat program. It is important to remember that fasting is central to our treatment and, even though fasting at More Than Health means three meals per day, they are very small meals eaten with a specific routine. Typically they include small amounts of protein, little carbs and vegetables, lots of healthy soups and broths.

Your guests/spouses/friends will be offered the same breakfast and lunch as the Retreat clients. In the evening they can eat à la carte with three choices of meals including paleo, keto, vegetarian and vegan options. We have a wonderful chef who can cater for specialised diets eliminating gluten, dairy, sugar or diets low in lectins or histamine.

NB: If you have any specific food allergies, please let us know a few days in advance.

