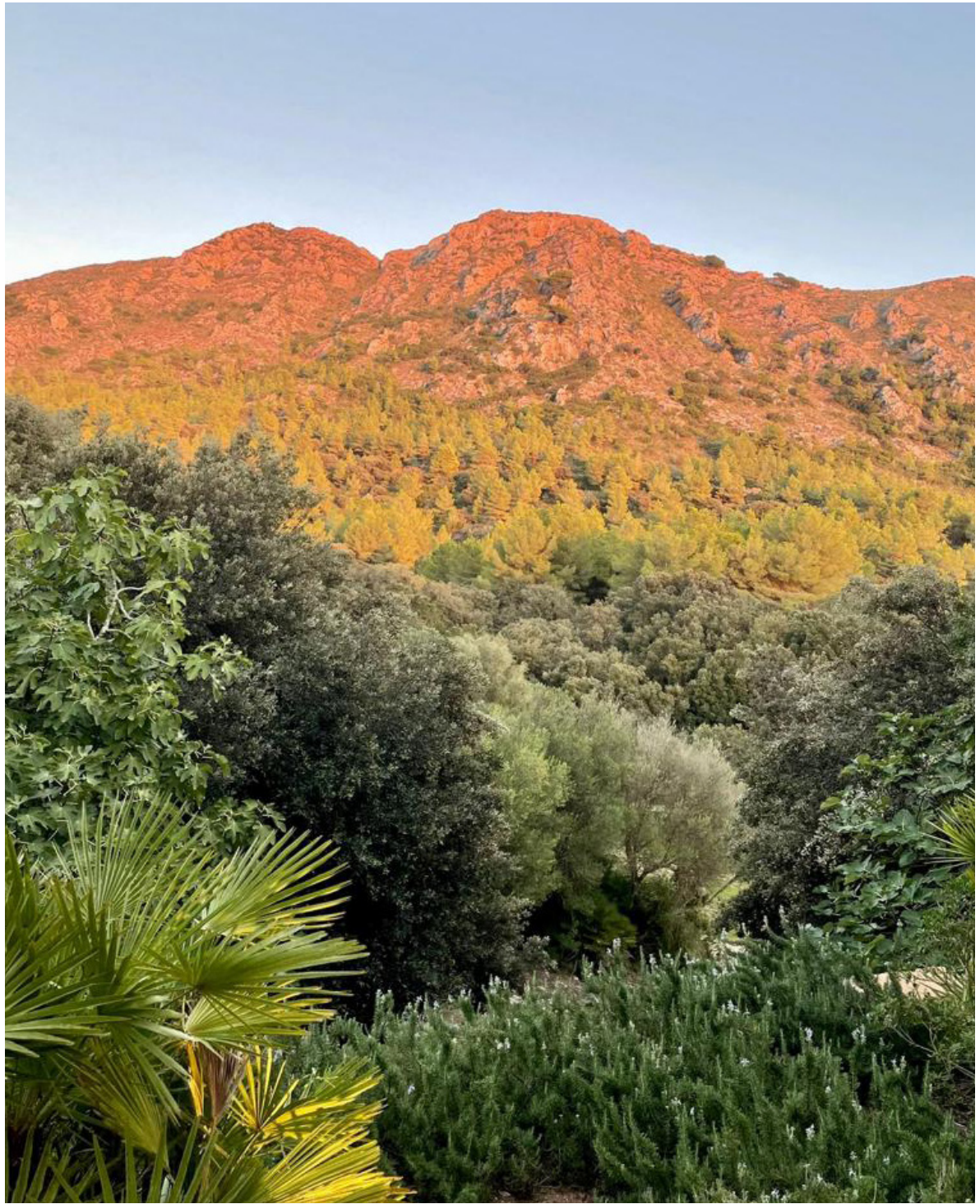


# MORE THAN HEALTH RETREATS



© FRANZISKA MEUSCHEL 2022 · MALLORCA

ES RACÓ D'ARTÀ · MALLORCA · SPAIN  
16/17 MARCH – 26/27 MARCH 2023

# A MESSAGE FROM DR FRANZISKA MEUSCHEL

Together with our wonderful team of specialists we will be returning to Es Racó De'Artà in March 2023 for our next More Than Health Retreat. We have optimised the time-frame and fine-tuned the program for 2023.

This intense program is not meant to simply address your current issues; it is to evaluate your state of health, incorporate all aspects of your whole being and establish a tailor-made plan in order to optimise your future health and well being. We will provide all the ingredients to substantially improve health and vitality. Your part is to engage in the process, embrace the change and commit to taking all your new resources away with you and work with them.

Immerse yourself in ten days of dedicated therapies, individually customised for you. A perfect synergy of natural and state-of-the-art medicine. Open yourself and engage with new possibilities.

Re-calibrate the body with  
Dr Franziska Meuschel

Fasting and detoxification to stimulate regeneration  
Daily evaluation and testing to optimise body function  
Instigate complete body healing  
Condition new pathways for health

Re-generate the mind  
with Gaylin Tudhope

Reset your Autonomic Nervous System  
Clear stress and release energy  
Release blockages - mental and physical  
Become inspired by your own future

Re-source the self  
with Dr Peter Gruenewald

Discover Adaptive Resilience to meet any challenge  
Remember what it is to feel rested and capable  
Reset your brain and body health with great sleep habits

Re-connect with nature  
with Kay Willis

Bathe in the pure beauty of the setting  
Let yourself be guided by the sensations  
Internalise the peace you find there  
Awaken the pleasures of the senses

Re-balance your body with  
Annie Khenian

Systems analysis and full body treatment  
Let your poor posture be re balanced  
Enjoy the sensation of your energy floating

Re-tain your new self  
with Sammy Scott

Let the new habits change you  
Embrace a new beginning  
Enjoy renewed vitality and clarity  
Let the team support you on your return

The retreat provides the ground work and basis for long-lasting, deep-acting health benefits. Seasonal Medicine and the team at More Than Health will provide you with the resources you need to sustain your progress and reach your goals.





# RETREAT PROGRAM



ALL PHOTOS © ES RACÓ D'ARTÀ

Initial medical consultation with Dr Franziska Meuschel

Final consultation and overseeing of aftercare program with Dr Franziska Meuschel

Daily manual abdominal treatments overseen by Dr Franziska 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

Daily lymphatic drainage, part or full body wellness massage including Watsu and Thai massages with specialist therapists

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

Daily hydrotherapy, detoxification support and liver wraps

Daily group activities: guided walk, Yoga session and deep relaxation meditation

Participation in therapeutic workshops: arts, crafts and gardening

Minimum of two external excursions

Course of Autogenic Training – based on daily group sessions with the first four core elements of Autogenic Training

Plus additional one-to-one sessions with Life Span psychologist and psychotherapist Gaylin Tudhope

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

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



ARRIVAL

16th or 17th March 2023 · Check-in 12:00 to 15:00

DEPARTURE

26th or 27th March 2023 · Check-out by 11:00

LENGTH

Maximum 10 nights · Minimum 8 nights

RETREAT

Suite or villa in the 5 star resort Es Racó d'Artà

BOARD

Full board

COST

£1,176 (GBP) per night pp · non-participating spouses welcome  
(for prices and availability please enquire)

INCLUDES

Accommodation, food & beverages, retreat program,  
concierge service, 24 hour doctor on call

EXCLUDES

Flights, additional medical treatment, medicines or external  
referrals

THE TEAM

Medical Director – Dr Franziska Meuschel  
Retreat Psychologist – Gaylin Tudhope  
Retreat Specialist Physician – Dr Peter Gruenewald  
Retreat Therapist – Kay Willis  
Retreat Osteopath - Annie Khenian  
Retreat Health Coach – Sammy Scott  
Retreat Organisation / Logistics – DT

PRE  
RETREAT

Patients will have comprehensive blood tests and full  
assessment prior to the retreat by  
Dr Franziska Meuschel  
*Functional Medicine and Nutrition assessment*  
Gaylin Tudhope  
*Psychological assessment or*  
Dr Peter Gruenewald  
*Autonomic Nervous System and Resilience assessment*

POST  
RETREAT

Patients 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 will enjoy a very peaceful, calming restorative time within the beautiful and exclusive setting of Es Racó d'Artà.

We would like to give your guests an authentic experience of a More Than Health Retreat at Es Racó, therefore they 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 the exclusive feeling of Es Racó during a More Than Health Retreat the following is included:

- Shared accommodation (additional charges apply for separate or shared accommodation - please contact us)
- 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 Es Racó facilities and services to relax and unwind including the spa with indoor as well as outdoor infinity pool, sauna and steam room. Es Racó has a Watsu pool and specialist therapist. Watsu treatments are available for spouse at extra cost.
- 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.
- 30mins 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 how to access local services etc will be available.
- Use of concierge services at Es Racó.

## Your personal retreat journey.

Whilst we are really happy you have chosen to share your time at Es Racó 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 guests have exclusive use of the Es Racó resort, and 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, and certainly no three-course dinners.

Your Retreat guests 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.

