

NEW HORIZONS THIS AUTUMN

More Than Health in the Maldives

*This autumn, join us on a different island,
with the same transformative retreat
experience!*

Mallorca has been the serene and beautiful home of our More Than Health Retreat, a place where guests experience **profound transformation supported by our expert medical team**. This autumn, we are thrilled to introduce something distinctly different yet equally exceptional. In partnership with the prestigious Villa Resorts, we invite you to join us for an exclusive, **wellness Retreat in the Maldives!**

Imagine being surrounded by the warm, turquoise waters of the Indian Ocean... This breath-taking island provides an **immersive, multi-sensory setting** that powerfully supports nervous system regulation, deep recovery, and **measurable improvements in both physical and mental health**.



Our approach remains the same: **evidence-based practices designed to promote recovery, resilience, and longevity**. But this autumn, you'll experience it in an unforgettable location that will deepen your sense of restoration and renewal.

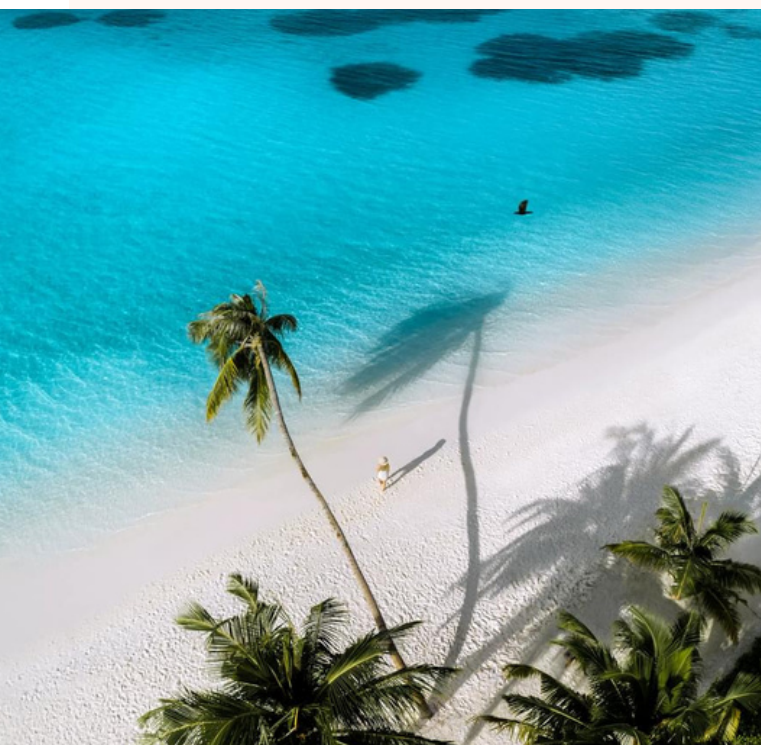
Join us as we take our Retreat to new horizons, offering the **same standard of clinical excellence, in a blue-space environment that will awaken all your senses!**

Places are limited with a **maximum of 12 guests**.

Priority will be given to members and clients who have previously joined one of our Retreats in Mallorca.

**VILLA RESORTS: MALDIVES
15 – 23 NOVEMBER 2025**

Arrive: **Saturday 15th or Sunday 16th
November**
Leave: **Saturday 22nd or Sunday 23rd
November**



Our established wellness program – enhanced

At this Retreat we will continue to provide our well-established, comprehensive treatment approach led by our expert practitioners. In addition to this trusted and proven program, we are excited to introduce half a day of **Blue Space Therapy with Dr. Khalid Dar**, adding a powerful water-based dimension to your experience

Digestive Reset with Dr Franziska Meuschel

Based on the FX Mayr approach, targeting gut health and metabolic regulation to revitalise your body from within.

“Mindscapes” with Kay Willis

Tailored psychological and emotional coaching to enhance your mental clarity, emotional balance and resilience.

Osteopathy with Annie Khenian

Focusing on musculoskeletal health and improving functional mobility.

Targeted Exercise with Mounir Mehhat

Designed to build strength, improve endurance, and support mitochondrial function for sustained energy.

Art Meets Health with Christian Awe

Integrating creative practice to foster cognitive balance and emotional wellbeing.



The detail

Arrival: 15th or 16th November 2025 Check-in 12:00 to 15:00

Departure: 22nd or 23rd November 2025 – Check-out by 12:00

Length: 8 nights (shorter stays are possible, but the price remains at a minimum of 8 nights)

Location: Luxury Villa Resorts, Maldives
Board: Full board

Costs

Pre Retreat and aftercare: £2,500*

Retreat of 8 nights/days at daily rate of £1,475 per night per person

£14,300 total (inc pre and post retreat care)

25% deposit due on confirmation (£3,575)

Includes: Transfers to Villa Resorts, accommodation, food & beverages, Retreat program, all treatments, concierge service, 24h doctor on call

Excludes: Flights to Malé, additional external medical treatments, medicines, external referrals

Additional guests: Possible on request

Want to stay longer? We can help!

*Item separated for insurance billing purposes

