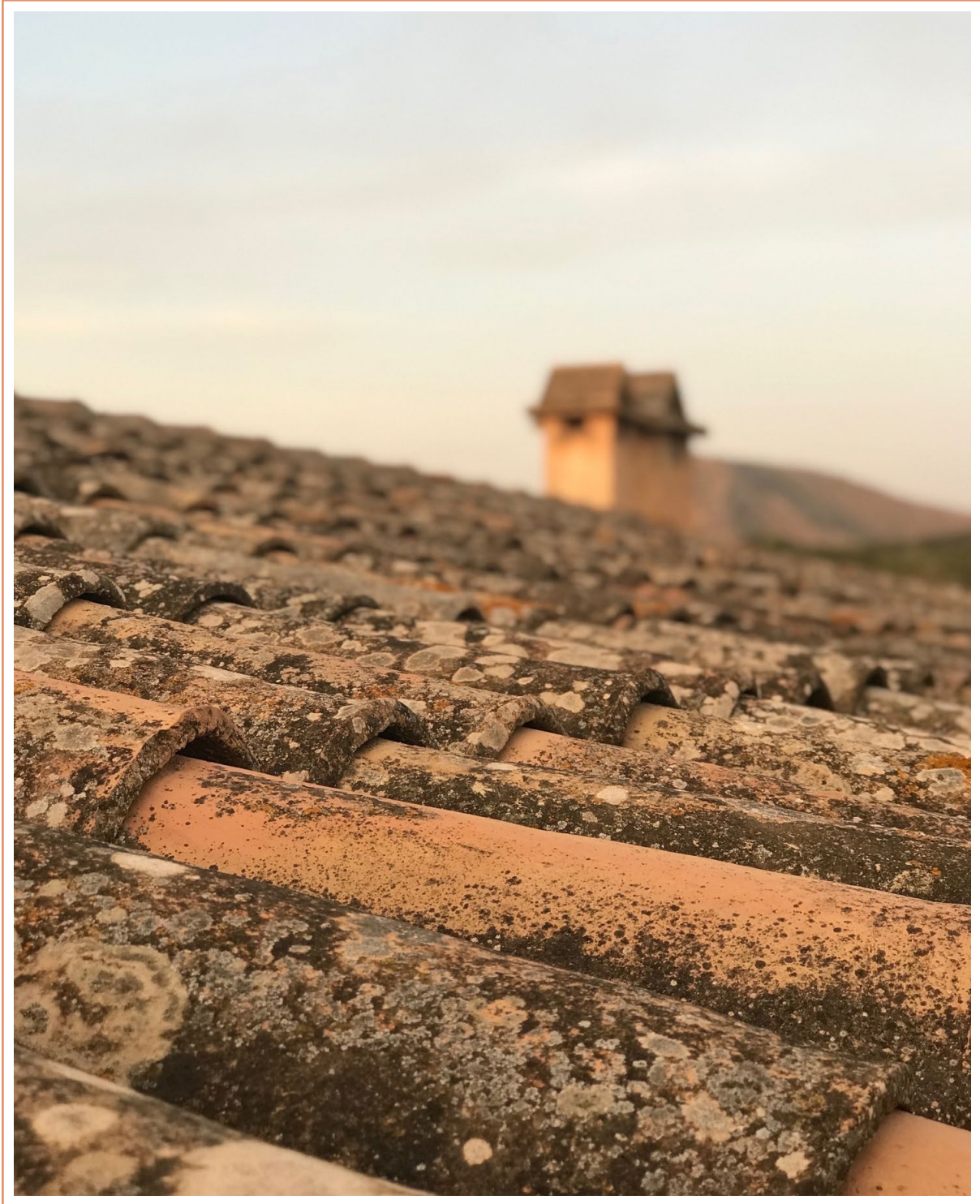


# MORE THAN HEALTH RETREATS



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ES RACÓ D'ARTÀ · MALLORCA · SPAIN  
5 OCTOBER – 18 OCTOBER 2022

# A MESSAGE FROM DR FRANZISKA MEUSCHEL

YOU are the reason for this More Than Health retreat. YOUR personal well being, your health issues and health goals are the inspiration for my Seasonal Medicine Health Program.

I have collected a team of specialists, practitioners at the very top in their respective fields, people I have worked collaboratively alongside for years, some for decades and whom I trust absolutely.

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 twelve 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
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Re-generate the mind with Gaylin Tudhope	Reset your Autonomic Nervous System Clear stress and release energy Release blockages - mental and physical Become inspired
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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
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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
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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
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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



Initial medical consultation on arrival with Dr Franziska Meuschel

Final medical examination and aftercare program with Dr Franziska Meuschel

Daily manual abdominal treatments with Dr Franziska Meuschel and Kay Willis x8

Daily medical review and consultation of individual diet, detoxification support and treatment plan x12

Nutritional counselling, orthomolecular medicine and micro-immunotherapy x12

Daily monitoring, evaluation and consultation of pH, oxygen saturation, blood pressure, heart rate and heart rate variability x12

Daily lymphatic drainage, therapeutic part or full body wellness massage with specialist therapist x10

One additional tailored treatment as needed including osteopathy, physiotherapy, acupuncture, thalassotherapy, psychotherapy, sleep training and homeopathy

Daily hydrotherapy, detoxification support and liver wraps x10

Daily group activities – guided morning walk, Yoga session and Mindfulness activity x10

Daily use of Es Racó's relaxation or environmental activity programs

Course of Autogenic Training – based on daily group sessions with the first four core elements of Autogenic Training x8

Plus two additional one-to-one sessions with Life Span psychologist and psychotherapist Gaylin Tudhope x2

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 x4

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

24 hour Doctor on call throughout retreat



## ARRIVAL

5th October 2022 · Check-in 12:00 to 15:00

## DEPARTURE

18th October 2022 · Check-out by 11:00

## LENGTH

Maximum 13 nights · 12 treatment days

## RETREAT

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

## BOARD

Full board

## COST

£980 (GBP) per night pp · non-participating spouses welcome

## INCLUDES

Airport limousine transfer, accommodation, food & beverages, retreat program, concierge service, 24 hour doctor on call

## EXCLUDES

Flights, additional medical treatment 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 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

Bookings close a minimum 2 weeks before the retreat to allow sufficient time for comprehensive pre-retreat blood tests and assessments. Email: [wecare@morethanhealth.com](mailto:wecare@morethanhealth.com)

