

MORE THAN HEALTH RETREATS



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AUTUMN 2024 RETREAT
FONTSANTA · MALLORCA · SPAIN

AUTUMN 2024 RETREAT



The Autumn 2024 program guarantees the same level of care, with 6 weeks of after-care to ensure that you achieve sustainable mid and long term improvements.

We've condensed the Retreat into 10-day (8 days minimum) so that only one week (between two weekends) will be taken out of your busy schedules.

ARRIVE THURSDAY 7th NOVEMBER OR FRIDAY 8th NOVEMBER
LEAVE SATURDAY 16th OR SUNDAY 17th NOVEMBER

The special focus will be on BREATH with both Dr Peter Gruenewald and Dr Khalid Dar again joining the Team to support you.

Having just spent 10 days in Mallorca for our Spring Retreat, I am super excited about Font Santa and the healing benefits of the thermal Spa waters! The waters are truly extraordinary, with a peak temperature of 38 degrees and rich in minerals, the water brings its own therapy to the More Than Health program.

The Spa has been upgraded and refurbished - care has been taken to retain the traditional features of the Roman Spa with the light and warmth of Balearic architecture. A typical Spa circuit starts with the Vaporarium which brings the minerals right into your lungs, you then move to the thermal pool to float in a combination of thermal water and captivating light. Then into the sauna / cold water chamber, where you can start with cold showers and move on to mastering an ice bath, for those who want to embrace the whole Wim Hof experience. The Spa circuit closes with a session in the single thermal chambers. The body and soul experience includes a daily massage from the lovely and superbly trained Font Santa massage team.

All this is set against the backdrop of our classic More Than Health program with F.X Mayr food choices for a full digestive reset, with gentle exercise and tailored mental and emotional work including resilience training, individual psychotherapeutic support where needed, leadership training, addiction support as well as amazing osteopathy with Annie Khenian, naturopathic and nutritional work. The full spectrum of treatments is available to you on a daily basis tailored to your individual needs. We will again include an Art Meets Health workshop with Christian Awe.

We hope to see you at the next Retreat!

Dr Franziska Meuschel and the More Than Health Team



ARRIVAL

7th or 8th November · Check-in 12:00 to 15:00

DEPARTURE

16th or 17th November 2024 · Check-out by 12:00

LENGTH

Maximum 10 nights · Minimum 8 nights

LOCATION

5 star resort FontSanta, Mallorca

BOARD

Full board

COST

Please enquire at atyourservice@morethanhealth.com

INCLUDES

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

EXCLUDES

Flights, additional medical treatment, medicines or external referrals

EXTRA
GUEST

It may be possible to bring one family members/spouse/ friend. Please check the relevant boxes below and we will be in touch with costs.

Please complete and submit the form below

NAME

ARRIVAL
DATE

DEPARTURE
DATE

NUMBER OF
PEOPLE

1

2

NUMBER OF
ROOMS

1

2

