



MAI SON YOU

WELCOME TO

MAISON YOU

CURATED RETREATS FOR A BETTER YOU

At MAISON YOU, we believe wellness isn't a luxury - it's a necessity. We're here to help you reconnect with yourself and rediscover what it means to be well.

Think of us as your personal wellness curators, whether you need stress relief, burnout recovery, or a gut health reset, we handpick retreats that foster deep, lasting transformation.

Let us guide you to the perfect retreat for YOU.



BEST RATES & PERKS

Guaranteed best rates at selected retreats worldwide, with upgrades, retreat credits, discounts and special experiences like spa treatments and personalized consultations.

EXCLUSIVE EXPERIENCES

Priority access to new or limited-edition wellness and brand experiences

COMMUNITY FOCUS

A trusted community of expert curators - from wellness coaches to healers and industry visionaries - handpicking meaningful experiences just for you.

AT MAISON YOU, YOU ARE THE PURPOSE.



NAO LONGEVITY

Rooted in longevity science and holistic intelligence, NAO is a leading wellness concept based at the adults-only Minos Palace Resort in Agios Nikolaos, Crete. Surrounded by Aegean waters and wild Cretan landscapes, NAO combines advanced diagnostics with ancient therapies to guide you into a new state of balance mental, physical, and emotional.

Programmes at NAO are fully personalised and run year-round, providing a space for rest, reprogramming and transformation across multiple levels.



SIGNATURE EXPERIENCES

A SOULFUL MEDITERRANEAN RETREAT BLENDING TRADITION AND SCIENCE ACROSS
FOUR WELLNESS PATHS: DISCOVER, TRANSFORM, SELF OPTIMIZE AND SELF-MASTER.

1-DAY PROGRAM, YEAR-LONG
DISCOVER

3-DAY PROGRAM, YEAR-LONG
TRANSFORM

5-DAY PROGRAM, YEAR-LONG
SELF-OPTIMISE

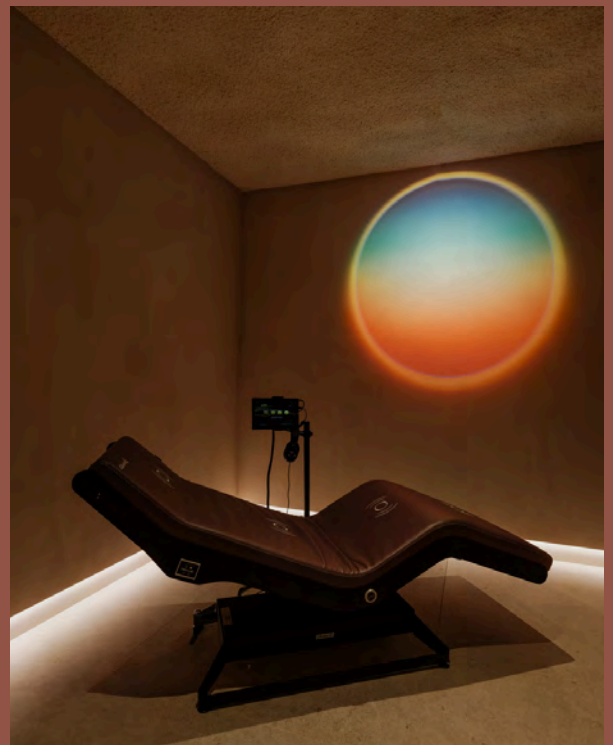


TRANSFORM

TRANSFORM WITH ADVANCED DIAGNOSTICS, TARGETED THERAPIES,
AND TAILORED GUIDANCE WITH THE FOUR PILLARS OF NAO.



A three-day therapeutic reset designed to restore mental clarity, revitalise your energy, and optimise key markers of longevity.



This immersive programme blends advanced diagnostics, targeted therapies, and nourishing routines to help you reconnect with your body's natural rhythms and create sustainable wellbeing from the inside out.



KEY EXPERIENCES:

- 3 x Prescribed Brain Gym Personal Training Sessions
- 2 x Cryotherapy
- 2 x PBM Red Light Therapy Sessions
- 2 x Vibroacoustics Sessions
- 1 x Prescribed Self-Mastery Session
- 2 x 60 min Prescribed Functional Body Therapy
- 1 x 60 min Wellbeing Body Treatment
- 1 x 60 min Facial Therapy
- 7 tailored meals (breakfast, lunch & dinner)

Prognostics & Biometrics

- Complete Metabolic Assessment (RMR, VO₂ Max, Biological Age)
- HRV Assessment
- Body Composition Scan
- Balance & Strength Assessment

DETAILS & PRICING:

DATES:

3 days / Year-Round

LOCATION:

Minos Palace Resort
Crete, Greece

PRICING

€2,375

Cost of program only. Includes, diagnostics, therapies, all meals. Excludes accommodation.

MAISON YOU BENEFITS

- Complimentary breakfast
- £80 hotel credit per stay
- Priority upgrade at check-in
- Early check-in / late check-out

(Subject to availability, excluding speciality suites)

- One complimentary Journaling Session

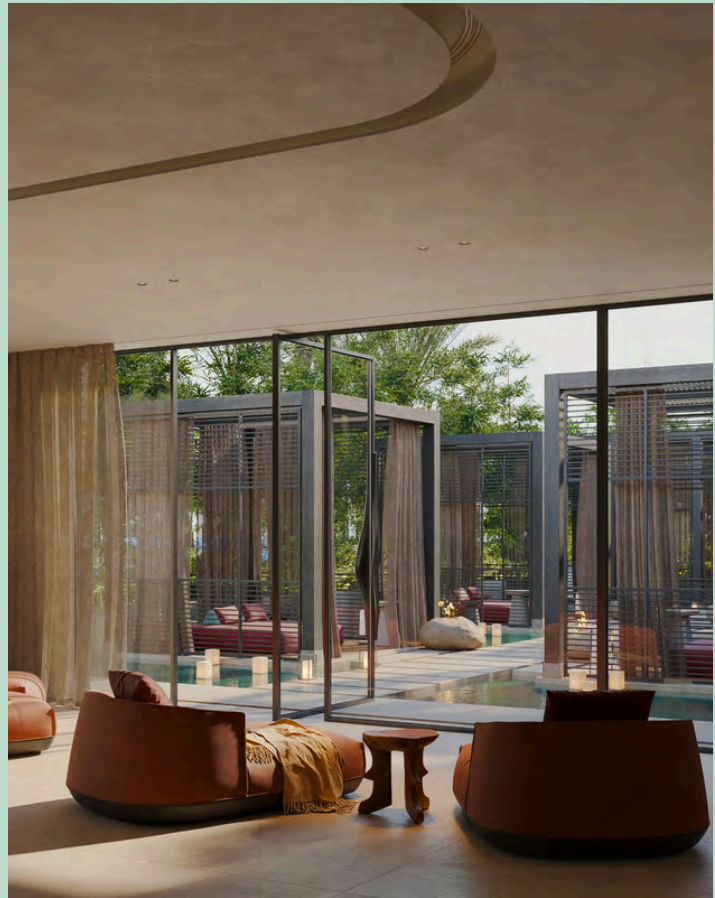


CURATED RETREATS FOR A BETTER YOU



ITINERARY

Each NAO Longevity programme is highly personalised and adapted to individual goals, energy levels, and health diagnostics. A detailed daily itinerary will be provided upon confirmation, following your initial consultation and programme selection.



CONTACT US

hello@maison-you.com

[@_maisonyou_](https://www.instagram.com/_maisonyou_) 

www.maison-you.com

WELCOME HOME

