



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

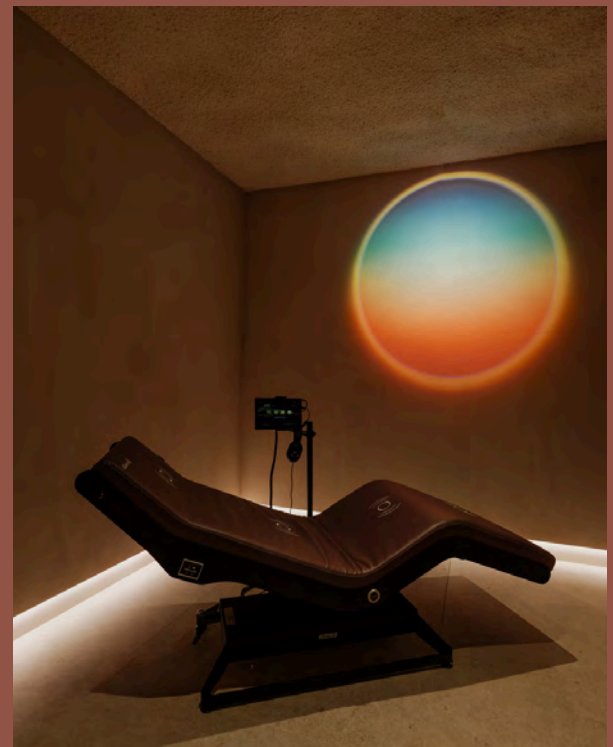
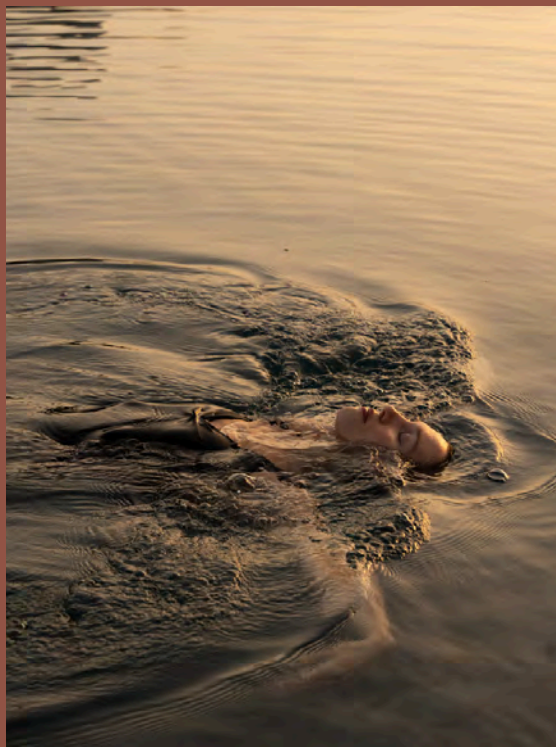
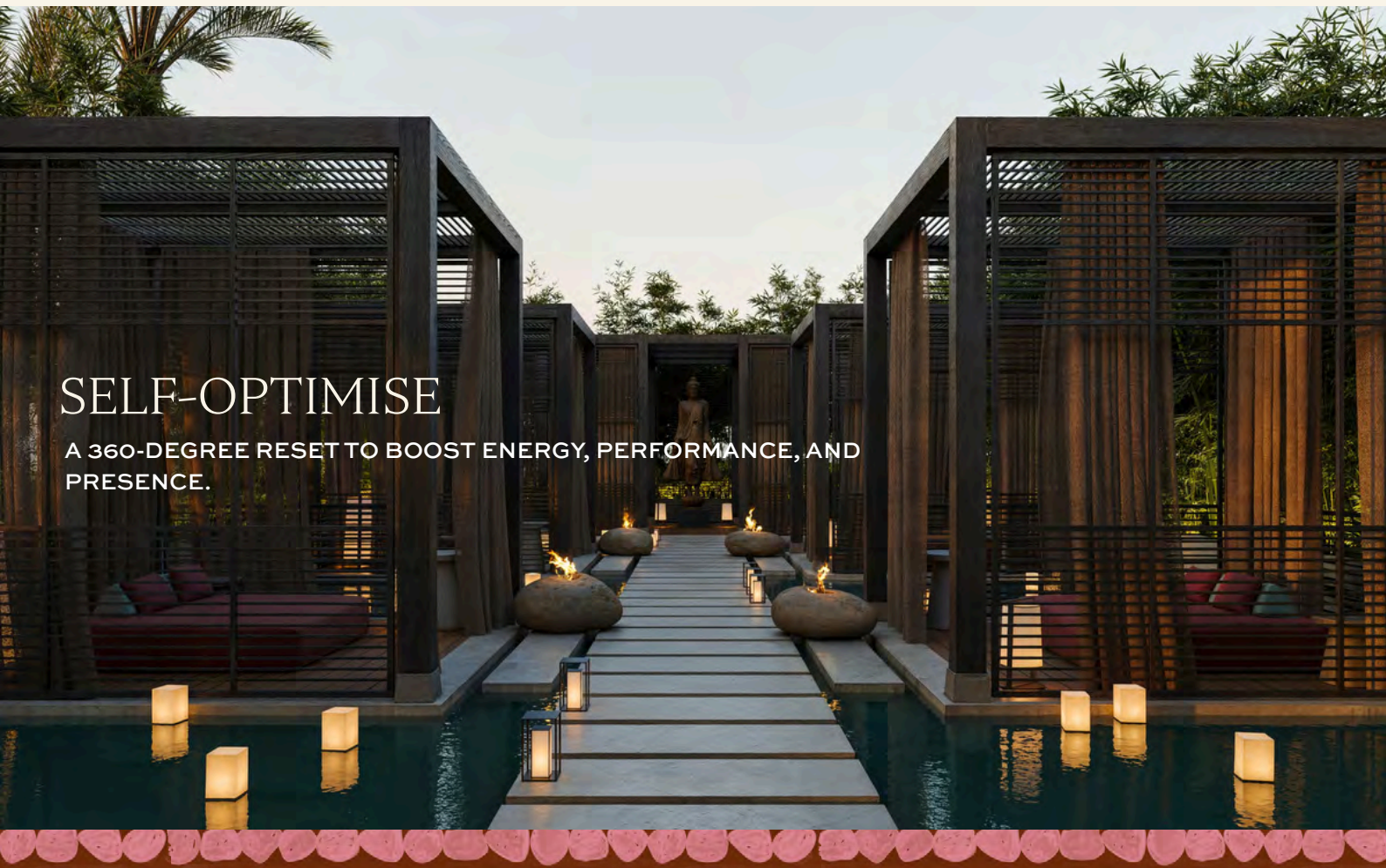
3-DAY PROGRAM, YEAR-LONG
TRANSFORM

5-DAY PROGRAM, YEAR-LONG
SELF-OPTIMISE



SELF-OPTIMISE

A 360-DEGREE RESET TO BOOST ENERGY, PERFORMANCE, AND PRESENCE.



This 5-day program is designed to recalibrate your performance and resilience.

It includes expanded biometric testing, tailored movement, and recovery sessions, alongside cutting-edge therapies like cryotherapy and red-light treatment.

Each element works to enhance clarity, energy, and physical adaptability.

Ideal for those ready to elevate their day-to-day wellbeing with science-led precision.



KEY EXPERIENCES:

- 3 x Brain Gym PT
- 2 x Cryotherapy
- 2 x PBM Red Light Therapy
- 2 x Vibroacoustics
- Neuromodulation
- Self-Mastery Session
- Functional Body Therapy (2 x 60 min)
- Wellbeing Body Treatment
- Facial Therapy

DETAILS & PRICING:

DATES:

5 days / Year-Round

LOCATION:

Minos Palace Resort
Crete, Greece

PRICING:

€2,840

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

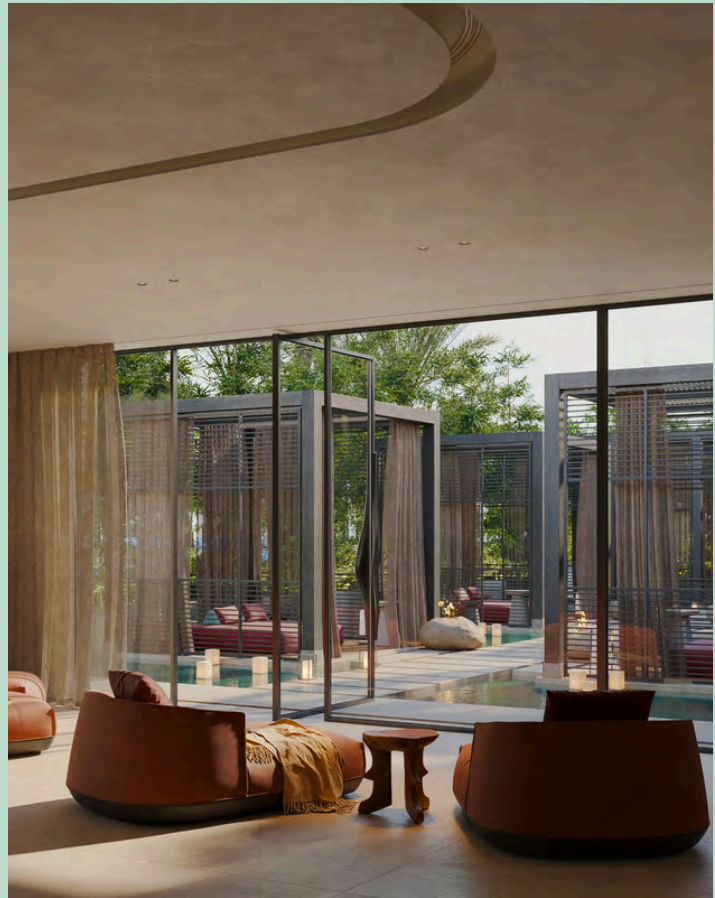


CURATED RETREATS FOR A BETTER YOU



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

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www.maison-you.com

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