



MAI SON YOU



WELCOME TO

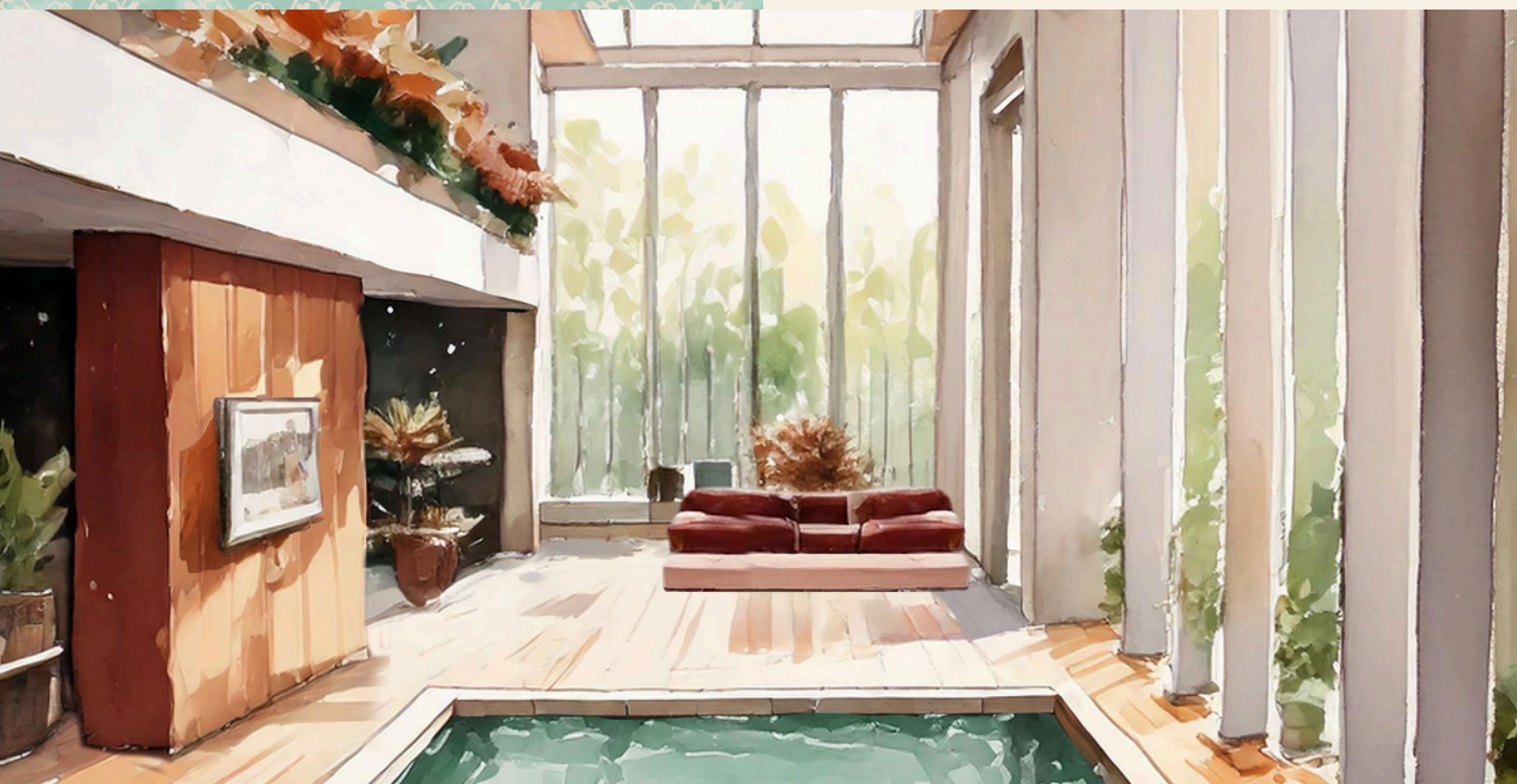
MAISON YOU

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.



PALAZZO FIUGGI

Located in the tranquil hills of Fiuggi, just outside Rome, Palazzo Fiuggi is a medical wellness sanctuary blending centuries-old healing traditions with cutting-edge longevity science.

Housed in a historic 20th-century palazzo, the retreat offers advanced diagnostics, integrative medicine, personalised nutrition, and a world-class spa, all designed to restore balance and optimise health. Palazzo Fiuggi's expert team of doctors, therapists and nutritionists deliver transformational programmes in a setting of understated Italian elegance.



SIGNATURE EXPERIENCES



PALAZZO FIUGGI, FIUGGI, ITALY
27 OCTOBER – 2 NOVEMBER 2025

BIOHACKING RETREAT

PALAZZO FIUGGI, FIUGGI, ITALY
3 OR 6 NIGHTS / YEAR-ROUND

HIKING FOR LONGEVITY



A MOVEMENT-FOCUSED WELLNESS PROGRAMME COMBINING GUIDED HIKES IN NATURE
WITH NUTRITION AND RECOVERY PROTOCOLS TO OPTIMISE LONGEVITY.

HIKING FOR LONGEVITY



This immersive **hiking-focused programme** is designed to harness the proven benefits of movement in nature to enhance cardiovascular health, endurance and overall longevity.

Guests enjoy daily guided hikes through the pristine landscapes surrounding Fiuggi, paired with personalised nutritional support, spa therapies and recovery rituals. Whether you choose the 3-night or 6-night option, this programme is an ideal reset for those seeking to restore energy, improve fitness and embrace healthy ageing.



KEY EXPERIENCES:

- Guided hikes tailored to your fitness level
- Daily movement and stretching sessions to support recovery
- Personalised nutrition plan created by Palazzo Fiuggi's wellness team
- Therapeutic spa treatments and access to hydrotherapy facilities
- Consultations with fitness specialists and physiotherapists
- Mindfulness and breathing techniques to enhance performance

DETAILS & PRICING:

AVAILABLE:

3 or 6 night stays / Year-Round

LOCATION:

Palazzo Fiuggi
Fiuggi, Italy

PRICING:

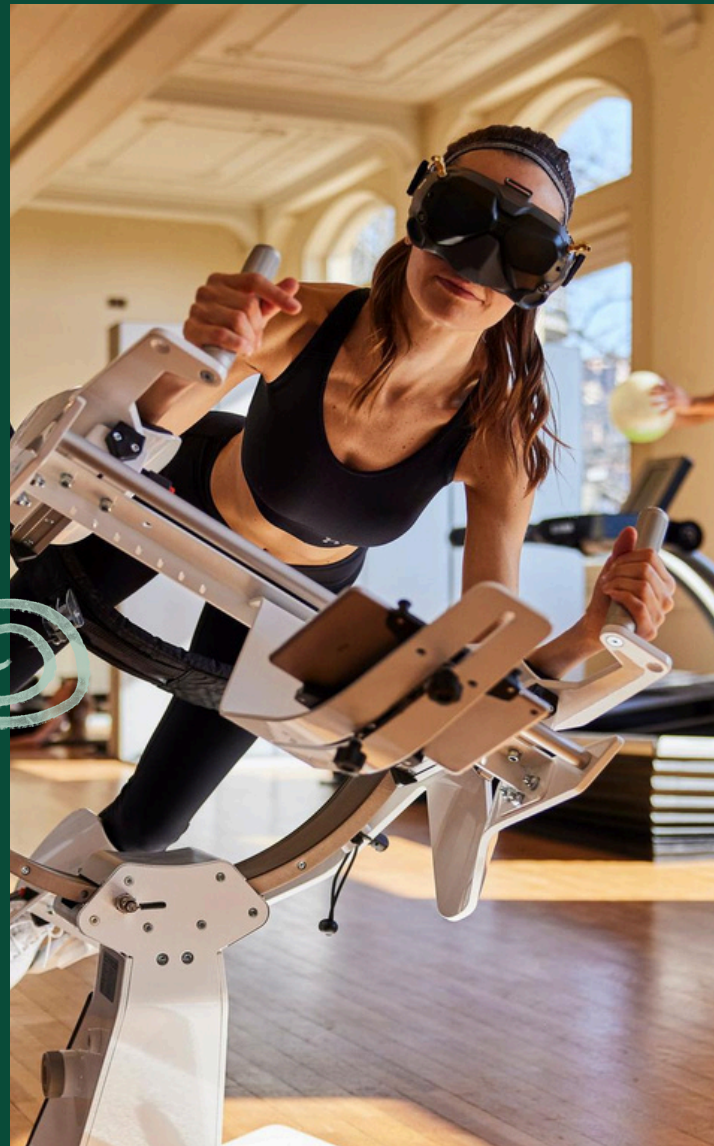
- €2,070 for 3 nights
- €4,120 for 6 nights

Cost of program only. Accommodation and additional treatments quoted separately.

YOUR MAISON YOU BENEFITS

- Complimentary breakfast
- Upgrade at time of booking guaranteed by one room category*
- \$150 credit applicable towards Spa treatments once during stay
- One complimentary Thalasso Experience, once during stay
- Complimentary water from in-room mini bar, replenished daily
- Early check in/late check out*

*subject to availability





ITINERARY

The program combines the following advanced medical diagnostics, personalized coaching and and targeted therapies.

MEDICAL TREATMENTS

- Medical visit
- ECG (Electrocardiogram)
- Bioimpedance analysis (BIA)

WELLNESS TREATMENTS

- Heat&Cold Therapy
- Bodyword deep stress release
- Free time at the Roman Thermae
- Back Infrared Sauna
- Aufguss - mindfulness ritual
- Access to the Thalassotherapy pools
- Dynamic Feet & Legs Recharge

NUTRITION

- Breakfast, lunch, dinner with the Food Line by Heinz Beck
- Herbal infusions from one of Italy's oldest pharmacies
- Therapeutic Fiuggi water directly from the source

MOVEMENT LAB

- Aerobic Test
- Post-Hike Recovery
- Final Biomechanical Assessment
- Training (HPM)
- Yoga Therapy
- Hatha Yoga
- Hiking
- Post-Training Mobility Exercises
- Biomechanical Evaluation
- Meet the Expert

CONTACT US

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

www.maison-you.com

WELCOME HOME

