



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.



LILY OF THE VALLEY

Tucked into the hills above Saint-Tropez, Lily of The Valley is a wellness sanctuary dedicated to weight balance and health transformation. Designed by Philippe Starck, the retreat combines Riviera elegance with medical-grade wellness, offering a holistic environment where nature, expertise and renewal meet.

Whether for weight loss, detox or performance, each stay is guided by a team of experts to help you achieve long-lasting wellbeing.



SIGNATURE EXPERIENCES



LILY OF THE VALLEY, FRANCE
4-14 DAYS / YEAR-ROUND

DETOX

LILY OF THE VALLEY, FRANCE
4-14 DAYS / YEAR-ROUND

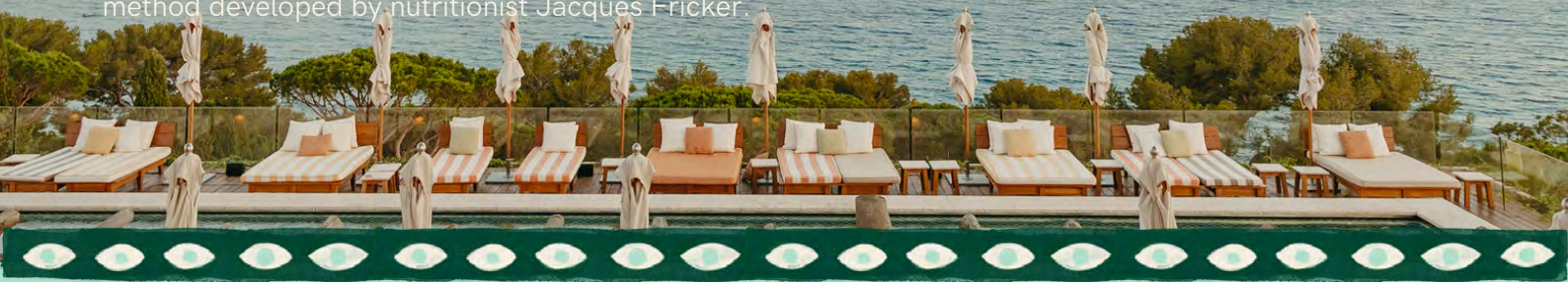
WEIGHTLOSS



METABOLIC CLEANSING IN A COASTAL SANCTUARY

WEIGHTLOSS PROGRAMME

Take time for yourself and rethink your lifestyle. This program rigorously applies the «TGV» method developed by nutritionist Jacques Fricker.



A science-backed 4-day (or extended) reset focused on eliminating toxins, restoring gut health, and enhancing energy. Through personalised support and targeted protocols, guests are guided towards physical lightness and inner balance.

This signature programme blends exercise, nutrition, diagnostics and spa treatments to deliver long-term, sustainable results. Supported by expert practitioners, each day is crafted to help you strengthen healthy habits and reconnect with your natural rhythm.



KEY EXPERIENCES:

- Mediterranean clean-eating cuisine designed by nutritionists
- Natural therapies, massages, hydrotherapy, and lymphatic drainage
- Guided physical activity: pilates, mountain biking, canoeing
- Skin detox treatments and body wraps
- Daily check-ins with health and wellness team
- Access to the 'Nordic Circuit' & Semi Olympic Pool

DETAILS & PRICING:

DATES:

4- 14 nights / Year-Round

LOCATION:

Lily of The Valley
Saint-Tropez, France

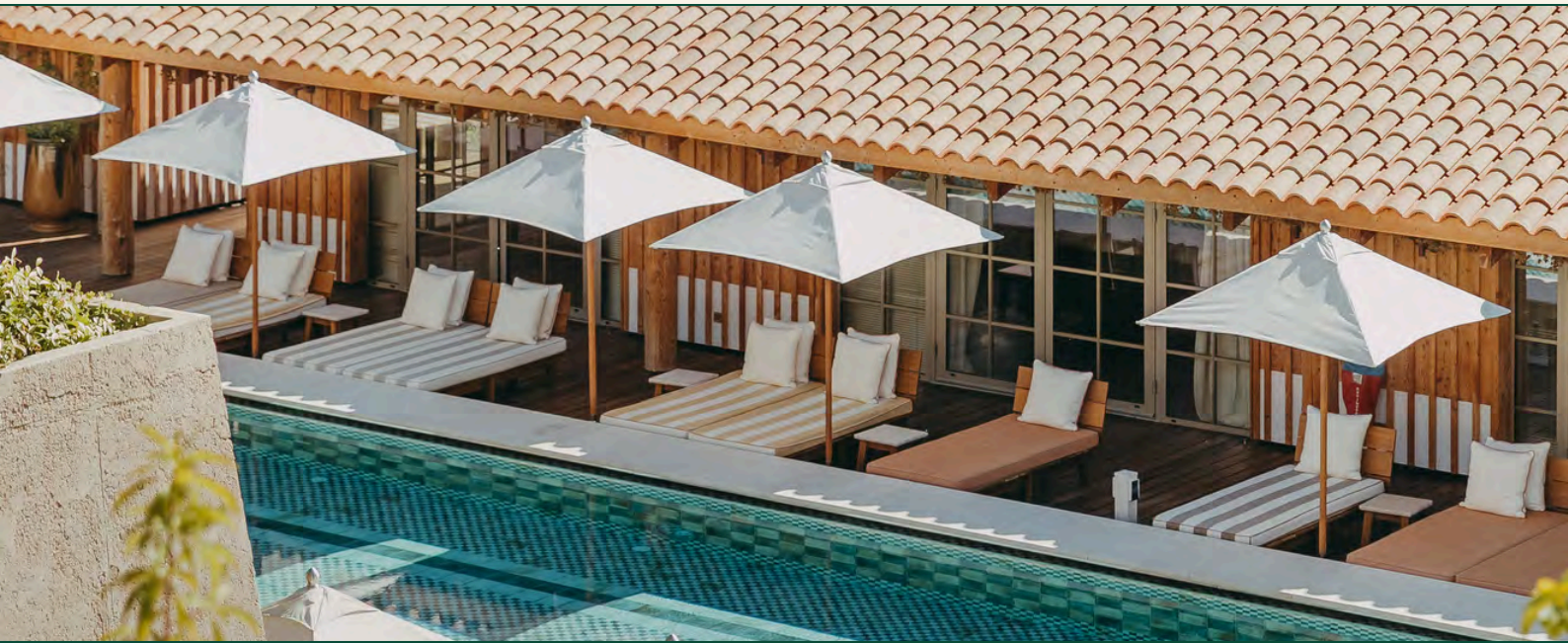
PRICING:

From €2,500

Cost of program only. Includes all daily treatments and meals. Excludes accommodation.

Typical total package incl. 4-night stay from €8,050.





SAMPLE ITINERARY

Shape Club week changes depending on the season although a typical itinerary for a four day programme may include the following:

DAY 1:

12:00 PM – Lunch
2:00 PM – Arrival briefing & Bioimpedance analysis
3:00 PM – Kinvent fitness check-up & creation of your fitness routine
4:00 PM – Pilates
5:30 PM – Chi Nei Tsang treatment
7:00 PM – Dinner

DAY 2:

9:00 AM – Breakfast
10:00 AM – Mountain biking
12:00 PM – Dietary consultation & personalised meal plan
1:00 PM – Lunch
4:00 PM – Individual coaching
5:30 PM – Slimming booster treatment & Cryotherapy
7:30 PM – Dinner

DAY 3:

8:00 AM – Breakfast
9:00 AM – Trekking
10:30 AM – Individual coaching
12:30 PM – Lunch
4:30 PM – Osteopathy session
5:30 PM – Slim & firm treatment
7:30 PM – Dinner

DAY 4:

9:00 AM – Breakfast
10:00 AM – Canoeing excursion
12:30 PM – Skin diagnosis - Skin Instant Lab
1:00 PM – Lunch
3:00 PM – Individual coaching
4:30 PM – Indiba slimming treatment
6:00 PM – Stretching
7:30 PM – Dinner

CONTACT US

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www.maison-you.com

WELCOME HOME

