



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.



ADLER SPA RESORT SICILIA

ADLER Spa Resort SICILIA rests on a pristine stretch of Sicily's southern coast, where golden beaches meet Mediterranean gardens and wild coastal reserves.

Conceived as a haven for regenerative travel, the resort blends contemporary architecture with sustainable design, harnessing natural light, sea breezes, and panoramic views of the horizon.

Wellbeing is woven into every aspect of the resort: spacious suites with sea views, a state-of-the-art thalasso spa, mineral pools, and seasonal cuisine crafted from local farms.

Here, Sicilian warmth and ADLER's wellness philosophy combine to create a sanctuary where body and spirit can return to balance.



SIGNATURE EXPERIENCES



ADLER SPA RESORT SICILIA
2-4 OR 7-14 NIGHTS | YEAR-ROUND

STRESS MANAGEMENT

ADLER SPA RESORT SICILIA
2-4 OR 7-14 NIGHTS | YEAR-ROUND

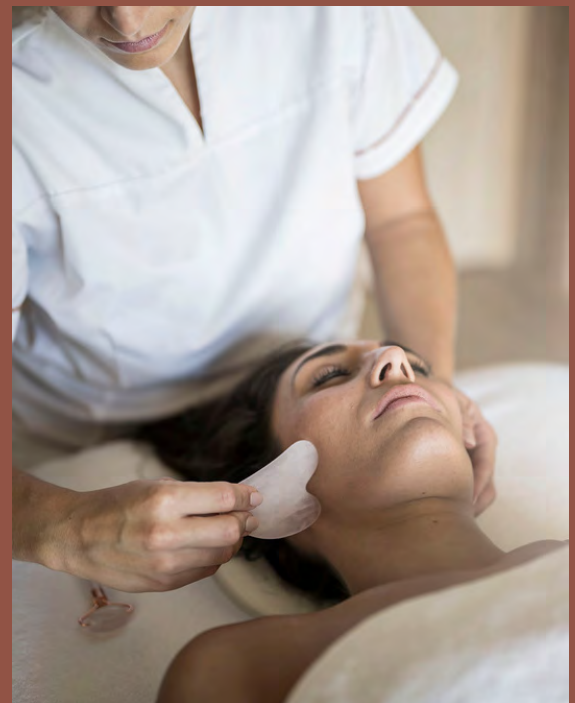
MEDITERRANEAN HEALTH



MEDITERRANEAN-INSPIRED HEALTH

STRESS MANAGEMENT

Effective stress management strategies to enhance relaxation, regenerate the mind and achieve inner peace



The ADLER **Stress Management** program is a holistic wellness experience aimed at reducing physical and mental stress, restoring balance, and promoting long-term resilience. It begins with a medical consultation and stress diagnostics, including tools like heart rate variability (HRV) monitoring, to assess the body's stress response.

Based on these insights, guests receive a tailored plan that includes a personalized anti-inflammatory diet, designed to support the nervous system and reduce internal inflammation, a key factor in chronic stress.



KEY EXPERIENCES:

- Half board arrangement which includes the following:
 - Extensive breakfast buffet, with freshly pressed juices and flavorful dishes
 - A delicious gourmet dinner with a 4-5 courses à la carte menu, served in our panoramic restaurant.
- Unlimited access to ADLER's thalasso spa: saltwater pools, saunas, steam baths, and panoramic relaxation lounges.
- Outdoor activities: guided walks along the coast, cultural excursions, and fitness sessions and daily yoga classes.

DETAILS & PRICING:

DATES:

ESSENTIAL: 2-4 nights / Year-Round

INTENSIVE: 7-14 nights / Year-Round

LOCATION:

ADLER Spa Resort Sicilia

Sicily, Italy

PRICING:

Cost of Programme:

- ESSENTIAL: from €698 per person
- INTENSIVE: from €1,569 per person

Cost of Accommodation:

- From €370 per night – Junior Suite, Single Occupancy. Includes half-board breakfast & dinner.

YOUR MAISON YOU BENEFITS

- €90 Spa voucher per room





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The ESSENTIAL programme is recommended for short stays of 2-4 nights. It includes the basic treatments and can be expanded according to your specific needs and expectations, on your own initiative or on the instructions of your doctor.

The INTENSIVE programme, on the other hand, is ideal for stays of 7-14 nights. Here, you are asked to attend a week of preparation and a week to follow up at home. For stays of 14 nights or more, there are 3 to 4 additional treatments depending on the package you choose.

ESSENTIAL:

- 1x initial visit and 1x final visit according to the principles of integrative medicine
- Instrumental HRV stress assessment
- Normocaloric anti-inflammatory detox diet
- 1x PPG Stress Flow - biofeedback
- 1x ADLER Essences of Sicily Spa treatment (50 min.)
- 1x ADLER Arnica fango pack (20 min.)
- x Hair Spa Wellness Ritual "In the clouds" (50 min.)
- 1x Salt-Hydrodetox (15 min.)
- 1x Guided meditation and/or breathwork session

INTENSIVE:

- 1x initial visit and 1x final visit according to the principles of integrative medicine
- Instrumental HRV stress assessment
- Normocaloric anti-inflammatory detox diet
- 1x PPG Stress Flow - biofeedback
- 1x blood test stress profile
- 1x specialised acupuncture treatment with preparatory Tuina massage (optional, at the doctor's discretion)
- 2x guided group breathwork sessions
- 3x ADLER Eclusive or Bodystyling spa treatments (50 min.)
- 1x Oriental massage (50 min.) - Lomi Lomi, Hot Stone or Bamboo Experience
- 1x Foot Reflexology Massage (50 min.)
- 2x Ayurveda Massages
- 1x Salt-Hydrodetox (15 min.)
- 2x Private fitness coachings (45 min.)
- 1x ADLER Arnica fango pack (20 min.)
- 1x Hair Spa Wellness Ritual "In the clouds" (50 min.)

CONTACT US

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www.maison-you.com

The journey inward is the greatest adventure of all

WELCOME HOME

