



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.



CHENOT ESPACE

Discover the transformative power of Chenot Espace at One&Only Portonovi, Montenegro's most exclusive coastal retreat where the glittering Adriatic meets the wild beauty of Boka Bay. This cutting-edge wellness destination fuses world-class hospitality with advanced medical expertise, offering an unparalleled setting for deep transformation.

Set within the luxurious One&Only Portonovi resort, Chenot Espace is dedicated to the Chenot Method® a renowned science-backed approach to detoxification, regeneration, and revitalisation.

Each programme combines precise diagnostics, tailored nutrition, targeted treatments, and innovative technologies to restore the body's optimal balance, reset energy levels, and enhance longevity. With its serene coastal views, elegant interiors, and a philosophy rooted in holistic renewal, One&Only Portonovi provides the perfect backdrop to embark on a journey towards lasting vitality and wellbeing.



SIGNATURE EXPERIENCES



ONE&ONLY PORTONОВI, MONTENEGRO
4 NIGHTS / YEAR-ROUND

CLEANSE &
REBALANCE

ONE&ONLY PORTONОВI, MONTENEGRO
5 NIGHTS / YEAR-ROUND

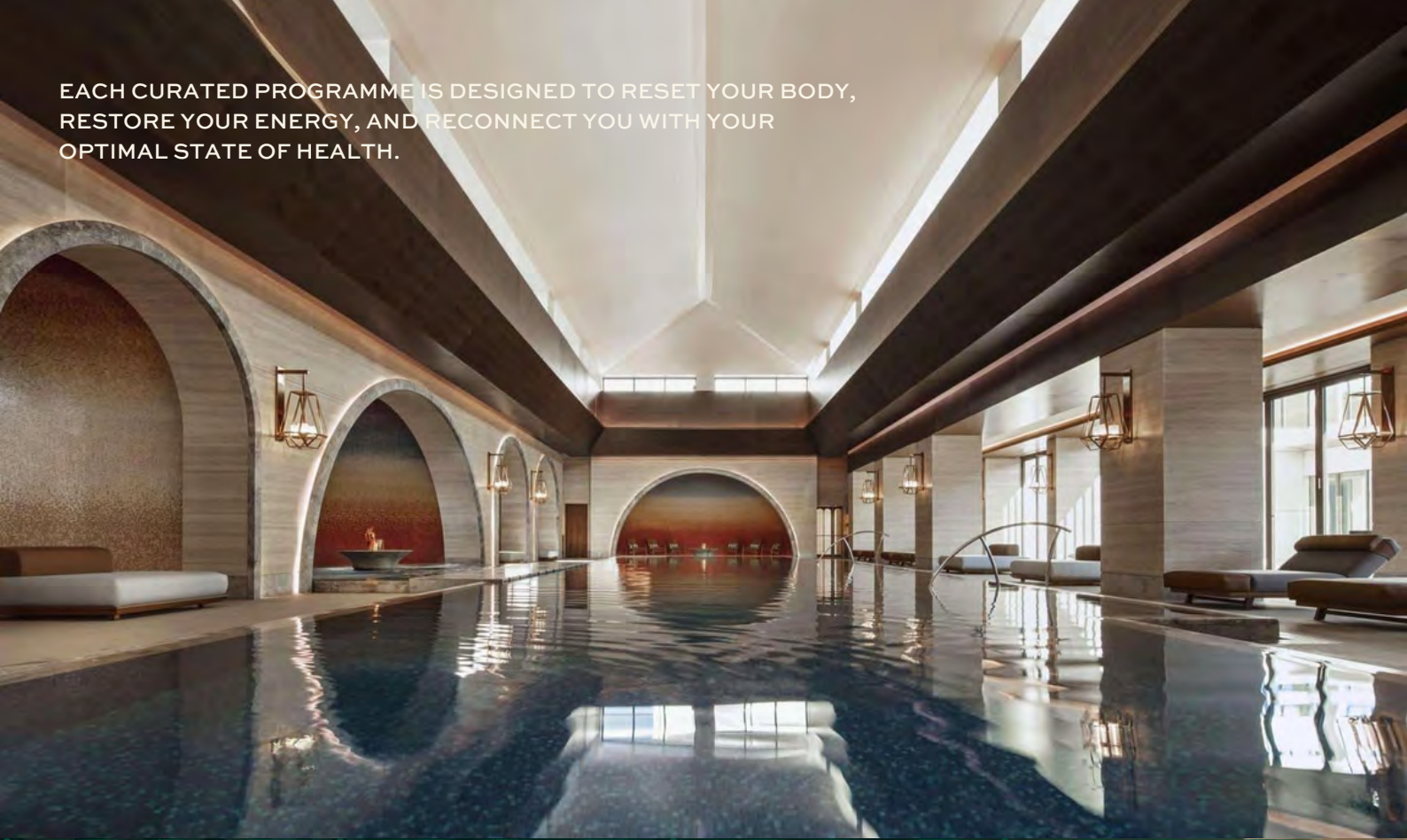
DE-STRESS &
RECHARGE

ONE&ONLY PORTONОВI, MONTENEGRO
4 NIGHTS / YEAR-ROUND

THE FITNESS
BOOST



EACH CURATED PROGRAMME IS DESIGNED TO RESET YOUR BODY,
RESTORE YOUR ENERGY, AND RECONNECT YOU WITH YOUR
OPTIMAL STATE OF HEALTH.



HOW IT WORKS

Every programme combines four core pillars of the Chenot Method®

- Assessment & Diagnostics – Comprehensive biomarkers and medical consultations to personalise your protocol.
- Nutrition – The Chenot Diet® supports cellular repair, detoxification, and rejuvenation.
- Treatments – Synergistic therapies enhance circulation, flush toxins, and stimulate the body's healing processes.
- Technology – Advanced equipment provides deep insights into your wellbeing and delivers targeted, high-efficacy treatments



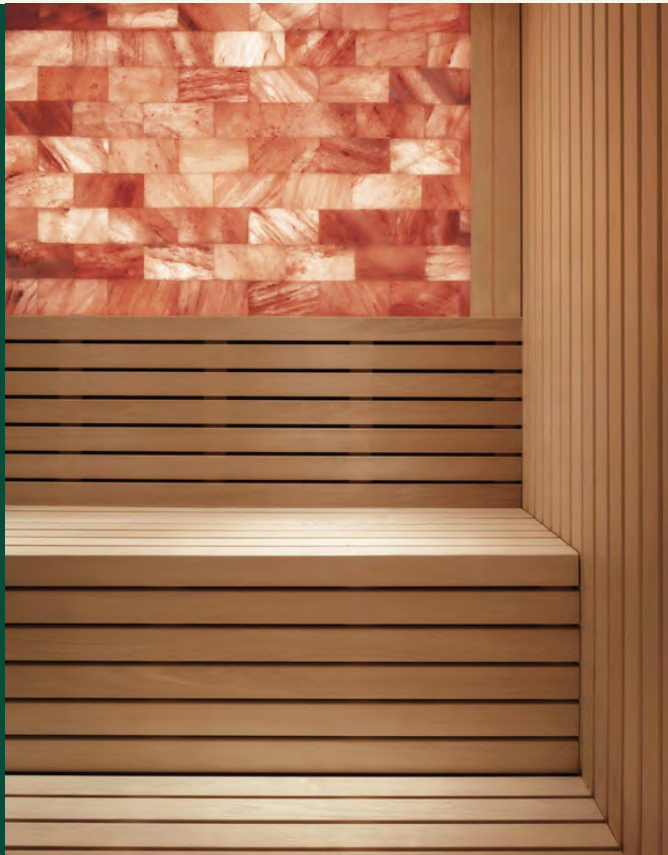
CLEANSE & REBALANCE – 4 DAYS

A 4-DAY JOURNEY DESIGNED TO CLEANSE, REGENERATE, AND RESTORE THE BODY TO ITS OPTIMAL STATE.



Designed to kickstart a healthy lifestyle, this programme stimulates the body to detox physically and mentally, recharging energy levels and wellness.

Housed within the ultra-luxurious One&Only Portonovi on Montenegro's stunning Adriatic coast, Chenot Espace offers the perfect balance of cutting-edge wellness and refined hospitality. Here, world-class therapies meet the soothing beauty of Boka Bay — an unparalleled setting for a profound transformation in health and vitality.



KEY EXPERIENCES:

- Overnight stays
- 1 Medical Consultation
- 1 Nutritional Consultation
- Chenot Diet
- 1 Bio-Energetic Check-up
- 2 Chenot Bio-Energetic Treatments
- 3 Chenot Energetic Massages
- 3 Hydro-Aromatherapy Treatments
- 3 Phyto-Mud Treatments
- 3 Hydro-Jet Treatments

Optional supplementary screening tests and treatments following initial medical consultation (at an additional cost):

- Laboratory Diagnostic Tests (blood and urine)
- Diagnostics with Chenot Lifestyle Biomarkers®
- Arterial Stiffness Assessment
- Minerals and Heavy Metals Intoxication Analysis
- Oxidative Stress Assessment
- Measurement of Advanced Glycation End Products (AGEs)
- Skin Collagen Thickness Assessment
- Resting Metabolic Rate
- Intravenous Nutrient Therapy
- Ozone Therapy - Systemic Application
- Hydro-Colon Treatment

DETAILS & PRICING:

DATES:

4 days, 3 nights | Year-Round

LOCATION:

Chenot Espace at One&Only Portonovi, Montenegro

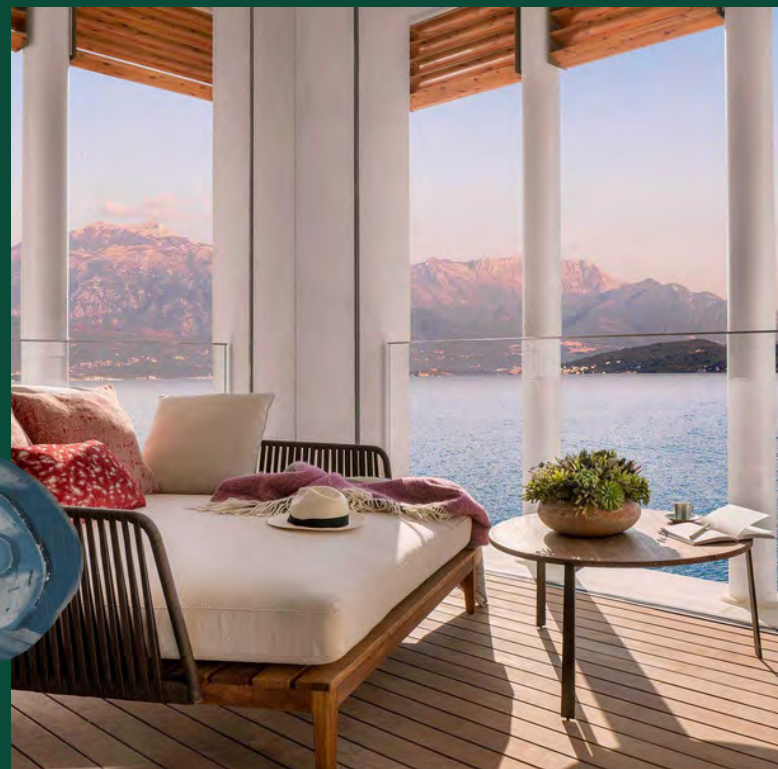
PRICE:

€4,422 per person - includes overnight accommodation, all daily treatments, diagnostics, and meals. Based on single occupancy in a Portonovi Room

YOUR MAISON YOU BENEFITS:

- Complimentary breakfast
- \$100 hotel credit per stay
- Priority upgrade at check-in, up to Panoramic Bayview Room*
- Early check in/late check out*

*subject to availability



CURATED RETREATS FOR A BETTER YOU



ITINERARY

The daily schedule will be tailored to your selected programme and individual diagnostics. You'll receive your personalised itinerary upon arrival at Chenot Espace.

CONTACT US

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The journey inward is the greatest adventure of all

WELCOME HOME

