



# 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

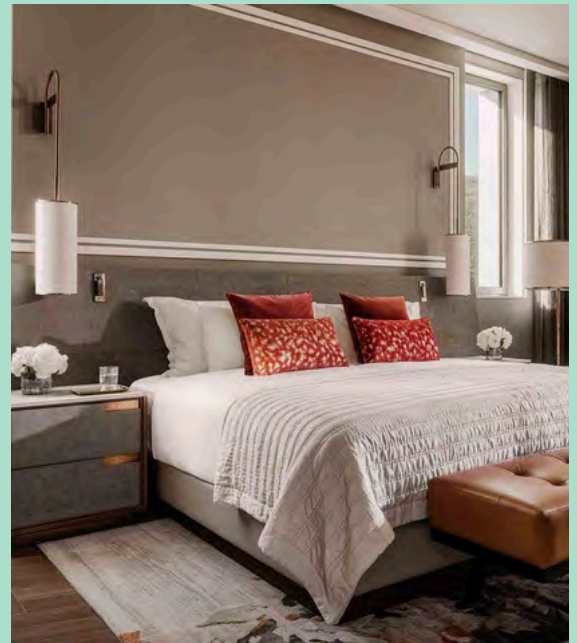
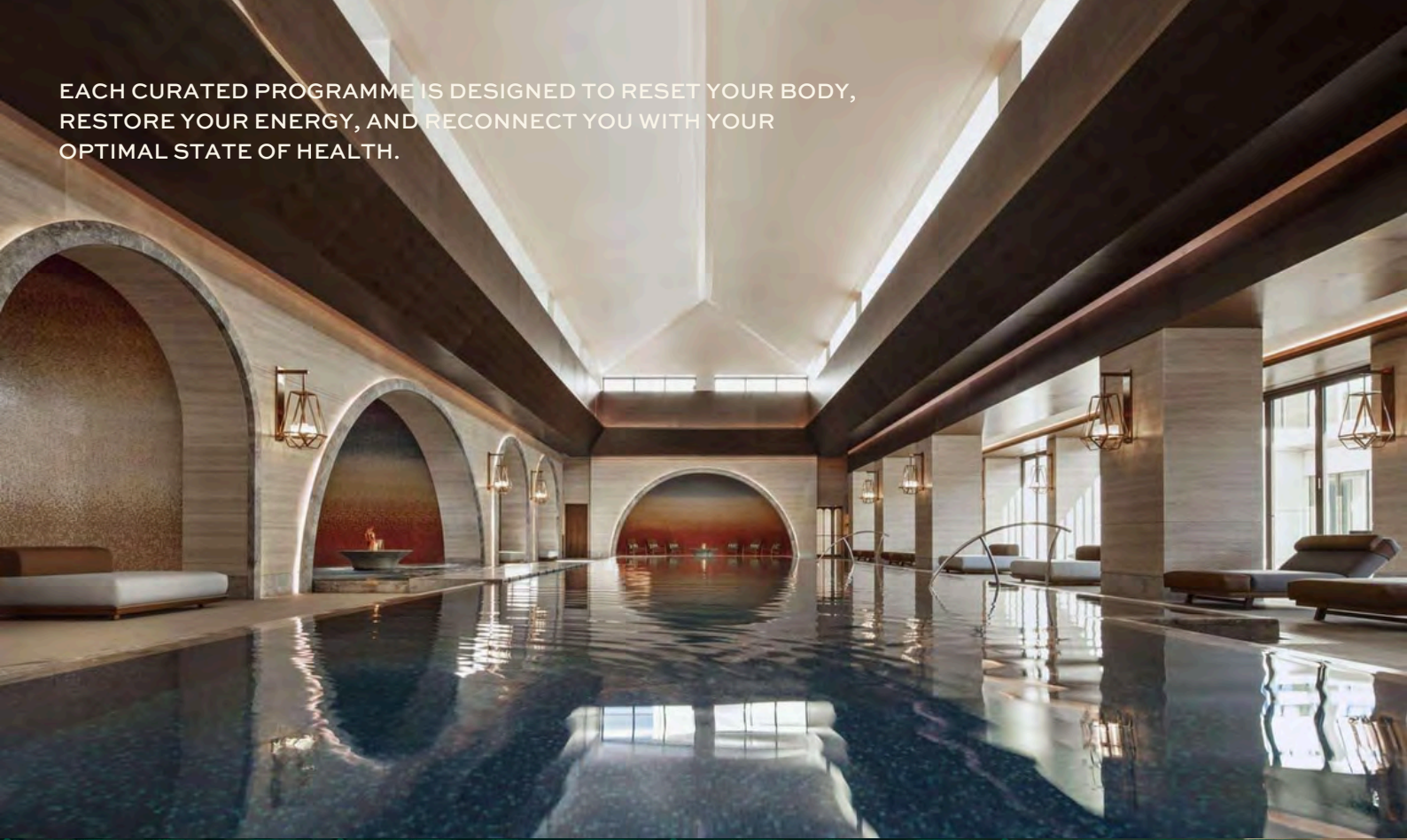
ONE&ONLY PORTONОВI, MONTENEGRO  
4 NIGHTS / YEAR-ROUND

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





## THE FITNESS BOOST – 3 DAYS

A DYNAMIC PROGRAMME DESIGNED TO ENHANCE PERFORMANCE, STRENGTH, AND VITALITY. PERFECT FOR THOSE LOOKING TO OPTIMISE THEIR FITNESS AND ENERGY LEVELS WITH SCIENTIFIC PRECISION.



A science-led approach to physical optimisation, designed for those seeking measurable gains in stamina, resilience, and overall wellbeing. Over three days, you'll experience a tailored combination of high-level diagnostics, precision fitness training, and targeted recovery therapies.



The programme blends sports science with Chenot's renowned regenerative treatments to enhance cardiovascular health, improve mobility, and boost energy output.





## KEY EXPERIENCES:

- Overnight stays at One&Only Portonovi
- 1 Medical Consultation
- 1 Nutritional Consultation
- Chenot Diet® personalised to your needs
- Cardiorespiratory Fitness Assessment
- Postural & Movement Assessment
- Body Composition Analysis
- Neuromuscular Activation Treatment
- 2 Chenot Connective Tissue Massages
- 3 Hydro-Aromatherapy Treatments
- 3 Phyto-Mud Treatments
- 3 Hydro-Jet Treatments
- 3 Personalised Fitness Training sessions

## DETAILS & PRICING:

### DATES:

3 days, 4 nights | Year-Round

### LOCATION:

Chenot Espace at One&Only  
Portonovi, Montenegro

### PRICE:

€4,395 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

[hello@maison-you.com](mailto:hello@maison-you.com)

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



[www.maison-you.com](http://www.maison-you.com)

The journey inward is the greatest adventure of all

WELCOME HOME

