



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.



HÔTEL DU COUVENT

Hôtel du Couvent is a beautifully restored 17th-century convent tucked into the hills of old Nice, where historic architecture meets quiet luxury. The hotel, reimagined by Valéry Grégo and his team, blends original vaulted stone, wood details, and monastic simplicity with modern comfort.

Set across 2.5 acres of fragrant gardens filled with olive, lemon, and herb plants, it offers serene rooms, Roman-inspired thermal baths, a resident herbalist, a library, and farm-to-table dining - all designed to feel like a calm, soulful sanctuary in the heart of the city.



SIGNATURE EXPERIENCES



THE ROMAN CARE EXPERIENCE

BASED ON THREE ANCIENT PRINCIPLES:
WATER, PHYSICAL ACTIVITY AND TREATMENT.



The healing power of water and heat therapies has been embraced for centuries - warming the body before cooling it down to ease muscle tension, relieve pain and stress, boost immunity, and support detoxification. In Roman times, bath houses were also social spaces, designed for connection as much as restoration.



As a tribute to the remains of the Roman baths on the hill in Cimiez, Nice, the bath circuit at the Hôtel du Couvent follows a near-circular flow, guiding bathers through a succession of pools that gradually increase in temperature. For optimal benefits, begin in the warm tepidarium, move into the hot caldarium, and complete the ritual with a refreshing plunge in the cool frigidarium.



WHY IT STANDS OUT

Expand your wellness experience and deepen your connection to this authentic sanctuary. A place which embodies a vision of “enhance wellbeing” based on three ancient principles: water, physical activity and treatment.

- **Thermal water circuit sequence** of frigidarium, tepidarium, caldarium, and natatio, each offering a distinct temperature and purpose.
- **Movement Studio** (palestra) dedicated to physical activity, featuring dance, floor-barre, meditation, gymnastics, yoga - an essential element of this holistic Roman-inspired wellness approach.
- **Treatment area** (dstrictarium) offering tailor-made massages with herbalist-selected essential oils



KEY EXPERIENCES:

- Join a class at the Movement Studio, with a regular schedule that includes dance, floor-barre, meditation, gymnastics, and yoga.
- Consider additional specialised treatments such as reflexology, shiatsu and acupuncture.
- Visit the resident herbalist for personalised advice, custom-made remedies, and teas with local herbs from the garden.
- Shop for flowers, ceramics and other delicacies at the local producers' market.
- Reserve a sunbed at Plage du Galet and enjoy a day in the sun on the Promenade des Anglais.
- Explore Nice's Old Town and enjoy a stroll through the charming alleys.
- Go further a field and explore more of the cultural highlights of the famed Riviera.
- Enjoy the cinema under the stars - watch your favourite film with a beautiful view.
- During the summer months enjoy regular programmed festivals and events.
- Enjoy dining at the trio of signature eateries.

DETAILS & PRICING:

DATES:

1 night
Year-Round

LOCATION:

Hôtel du Couvent
Nice, France

PRICING:

Cost of Program:
From €400 per person for The Roman Care Experience.
Cost of Accommodation:
From €364 per night - based on a Clarisse room in the low season.

YOUR MAISON YOU BENEFITS:

- Priority upgrade at check-in*
- Early check in/late check out*

*subject to availability





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The Roman Bath Care Experience unfolds over three hours and follows the below flow.

Thermal Circuit – 60 minutes

Begin your experience with a full hour of relaxation in the Roman-inspired thermal baths and rooms. Move through the tepidarium, caldarium, and frigidarium - an immersive ritual rooted in ancient tradition that prepares both body and mind for the treatments to follow.

Personalized Treatments – 2 hours

Your journey continues with a two-hour treatment sequence. Start with a rejuvenating body scrub to reveal the skin's natural radiance, followed by a personalized massage using warm oils from the herbalist's shop, carefully selected to release tension and deeply revitalize the body.

Facial Massage – Closing Ritual

Conclude with a soothing facial massage, the final gentle touch that softens the features and extends the sensation of serenity.

CONTACT US

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The journey inward is the greatest adventure of all

WELCOME HOME

