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WELCOME TO

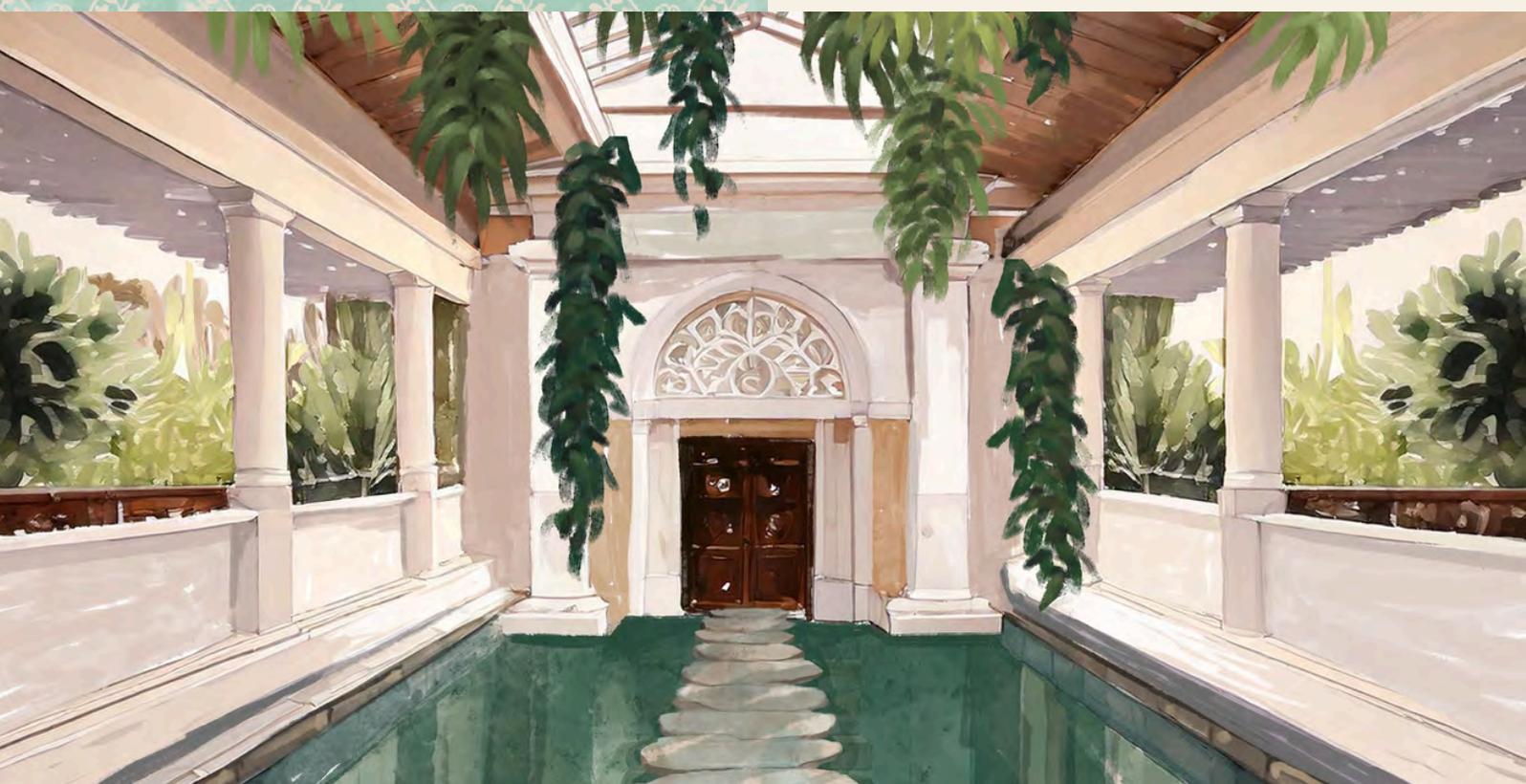
MAISON YOU

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.



SIX SENSES ROME

Six Senses Rome is an urban sanctuary where wellbeing, culture, and conscious living converge in the heart of the Eternal City. Set within the UNESCO-listed 15th-century Palazzo Salviati Cesi Mellini, between the Trevi Fountain and the Pantheon, the hotel draws inspiration from Rome's rhythms and heritage.

Wellbeing here goes beyond the spa, woven into the architecture, cuisine, and daily pace, creating a restorative environment that fosters balance, connection, and mindful living.



FEMALE WELLNESS PROGRAM

Six Senses Rome
Rome, Italy

3, 5 or 7 days
Year-Round



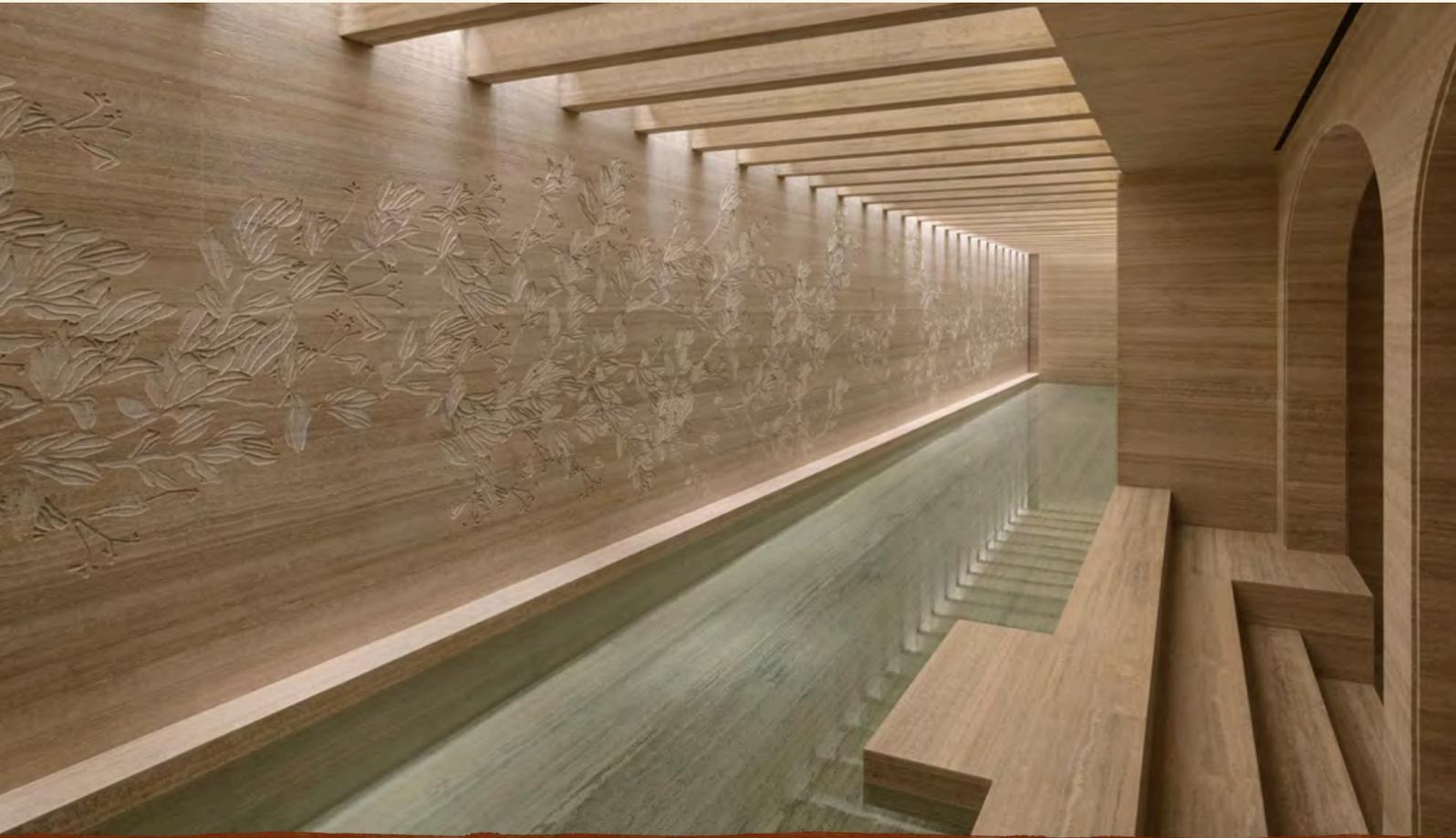
FEMALE WELLNESS

A CONSIDERED APPROACH TO HORMONAL HEALTH, RESTORATION, AND BALANCE.



The Six Senses Rome has worked alongside nutrition and functional health experts, including Dr. Mindy Pelz from the Reset Academy to curate the Female Wellness program. Specifically designed to address the key issues of nutrition, movement, sleep, stress and mindset, and lifestyle.

Enjoy space and time to listen to your body's signals away from the distractions of everyday life in beautiful surroundings with warm wrap-around care. Access the teaching and tools you need to make the lifestyle adjustments necessary for maintaining hormonal health when you go back home.



WHY IT STANDS OUT

This program aims to inform and empower all women, especially those interested in overcoming or avoiding the sometimes debilitating anxieties or symptoms of perimenopause and menopause.

- A personalised, science-informed framework addressing hormonal, metabolic, and nervous system health
- Access to Continuous Glucose Monitoring (CGM)
- A gentle, non-invasive approach to fasting, supporting balance rather than restriction
- Restorative movement practices including yoga and personal training
- Embraces the “Stop Rushing Woman” approach



KEY EXPERIENCES:

- Enjoy access to the The Roman Baths which include caldarium, tepidarium, and frigidarium
- Option to add additional treatments from the spa menu - from biohacking treatments to hamman and alchemy workshops
- Dine at BIVIUM, the Restaurant-Café-Bar or visit NOTOS Rooftop for iconic views of the city
- Explore your creative side and participate in cookery classes or art therapy lessons
- Be guided through the city with a 3 hour walking tour of the iconic sites and local neighbourhood

DETAILS & PRICING:

DATES:

3, 5, or 7 days
Year-round

LOCATION:

Six Senses Rome
Rome, Italy

PRICING:

Cost of Program:
from €1,398-€2,809 per person
Cost of Accommodation:
from €1,110 per night based on a Deluxe Room

YOUR MAISON YOU BENEFITS:

- Complimentary breakfast \$100 hotel credit per stay
- Priority upgrade at check-in*
- Early check in/late check out*

*subject to availability





ITINERARY

Enjoy the following program experiences as part of your 3, 5 or 7 day. Depending on the duration, you'll receive multiple sessions of certain treatments. The following example is based on the 3 day program.

- Half board (with elements of fasting)
- Pre-arrival questionnaire
- Program outline and learning videos from Dr. Mindy Pelz
- Daily check-ins
- One Wellness screening and personalized consultation
- One continuous Glucose monitor
- Three personal training or yoga session, 45 minutes
- Sleep tracking and sleep amenities during the stay
- Four personalized treatment (Holistic Massage), 60 minutes
- Three personalized sound healing session, 45 minutes
- Four Biohack recovery sessions, 30 minutes
- Access to the Roman baths
- Program wrap up

CONTACT US

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

www.maison-you.com

The journey inward is the greatest adventure of all

WELCOME HOME

