



MAISON
YOU

WELCOME TO

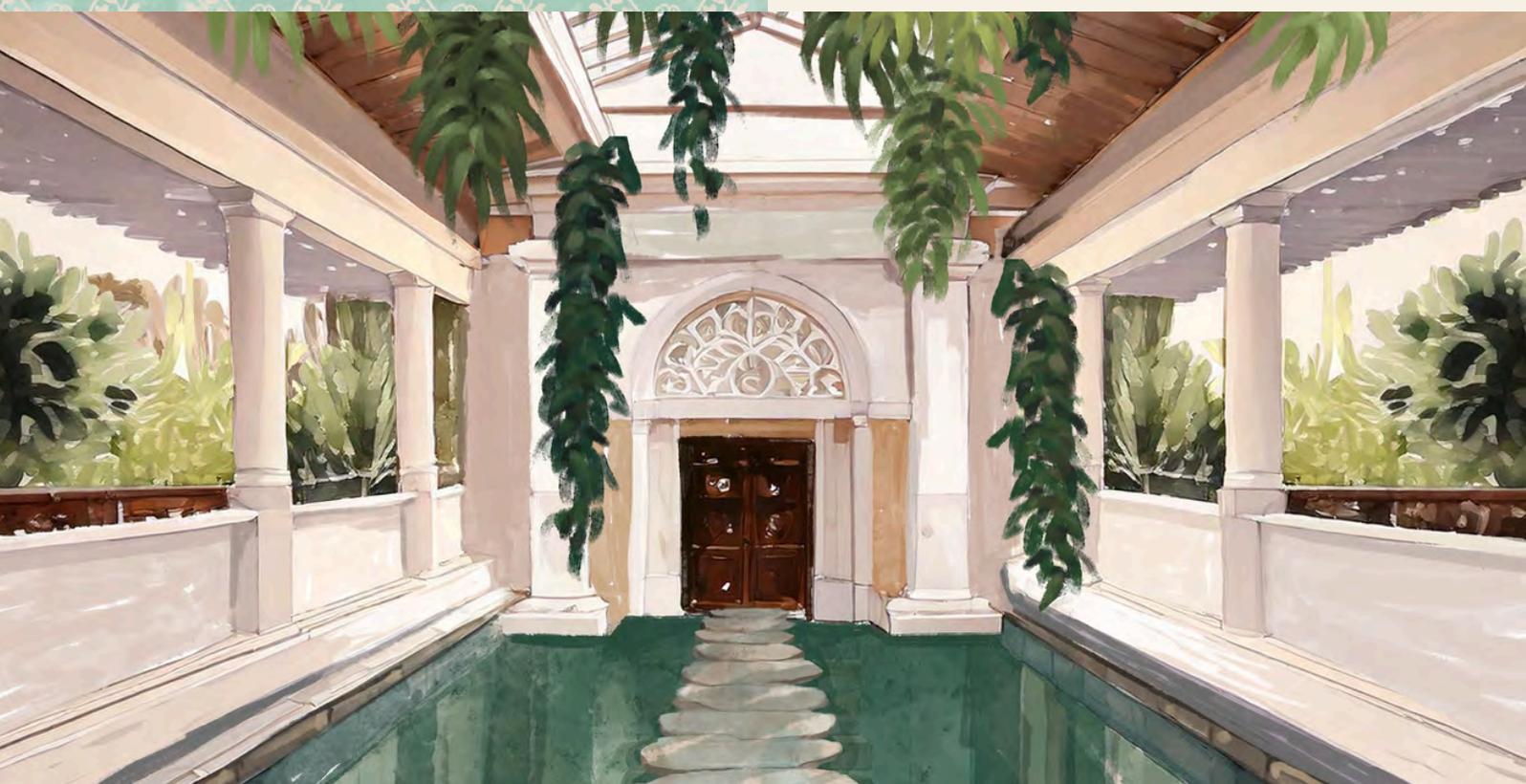
MAISON YOU

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.



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.



**WELLNESS DAY:
DETOX DAY**

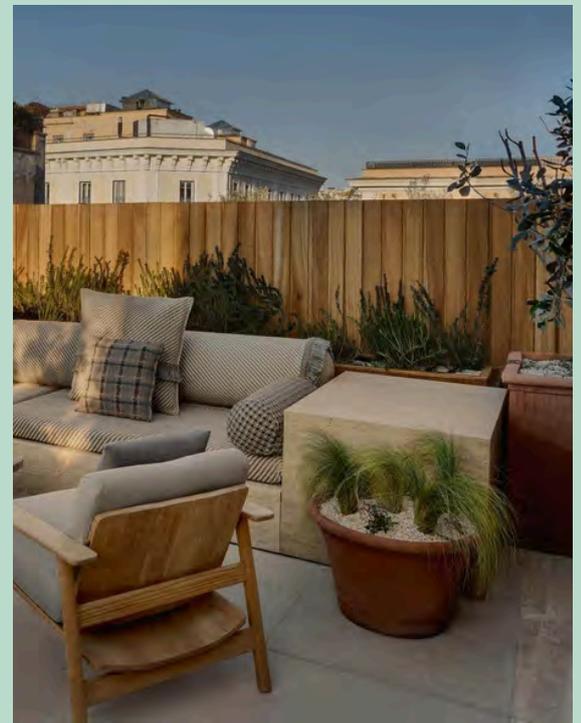
Six Senses Rome
Rome, Italy

1 day
Year-Round



WELLNESS DAY: DETOX DAY

A FOCUSED RESET TO CLEANSE,
RESTORE, AND REBALANCE.



The Detox Day is a **one-day wellness** experience designed to support the body's natural detoxification processes through movement, thermal bathing, and targeted treatments.

Ideal for those seeking clarity, lightness, and renewal, this programme offers a meaningful reset without the commitment of a multi-day retreat.



WHY IT STANDS OUT

Designed to restore balance in a short amount of time, the Detox Day combines ancient Roman bathing traditions with modern wellness practices to gently reset body and mind.

- **Roman Baths:** Thermal bathing to stimulate circulation and release tension
- **Wellness Screening:** A personalised assessment to guide the experience
- **Movement Session:** Yoga or fitness to activate the body and support detoxification
- **Hamman:** A deeply cleansing thermal treatment
- **Curated Juice:** A refreshing finish to support hydration and clarity



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:

1 day
Year-Round

LOCATION:

Six Senses Rome
Rome, Italy

PRICING:

Cost of Program:
from €350 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





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The **Detox Day** follows a gentle, balanced flow designed to restore energy and clarity within a single day.

- Arrival and wellness screening
- Yoga or fitness session
- Roman Baths experience
- Hammam treatment
- Curated detox juice
- Time to rest and reset

CONTACT US

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www.maison-you.com

The journey inward is the greatest adventure of all

WELCOME HOME

