



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.



LEFAY RESORT & SPA LAGO DI GARDA

Lefay Resort & Spa Lago di Garda is a refined, eco-conscious retreat where contemporary luxury meets the natural beauty of Italy's Lake Garda. Set within 11 hectares of protected parkland, the resort is surrounded by rolling hills, olive groves, and ancient woodland, all overlooking the lake's shimmering waters. Designed in harmony with its environment, it offers a tranquil escape focused on wellbeing and self-discovery.

Guests can unwind through mindful relaxation, enjoy panoramic views, and experience "Vital Gourmet" cuisine that reinterprets regional flavours with a healthy Mediterranean approach. At its core is a world-renowned spa, where the Lefay SPA Method blends Classical Chinese Medicine with modern Western science to restore balance and overall wellbeing.



DISCOVERY PROGRAMME

Lefay Resort & SPA
Lake Garda, Italy

3 nights
Year-Round

DISCOVERY PROGRAMME

APPROACH CHANGE AND BE INSPIRED BY A HEALTHIER
AND MORE CONSCIOUS LIFESTYLE



The Lefay SPA Method **Discovery Programme** is a curated three-night stay at Lefay Resort & Spa Lago di Garda with a focus on introducing the basics of a new lifestyle, restoring energy, and the restorative benefits of mindful relaxation.

This uplifting and insightful Mediterranean escape includes an initial energy consultation to identify personal needs, targeted energy treatments like a Lefay SPA energy massage, a customized face or body treatment, and holistic activities such as Stretching of the Meridians or Qi Gong, plus plenty of free time to relax in the extensive "Water and Fire" spa.



WHY IT STANDS OUT

Overlooking the Mediterranean landscape of Lake Garda, the resort is a sanctuary where sustainable architecture and contemporary luxury meet to restore total well-being.

- An introduction to the Lefay SPA Method for lifestyle change and wellbeing
- Signature spa therapies like energy massages, cryotherapy, and body rebalancing work
- Tailored expert recommendations to support healthier habits following the stay



KEY EXPERIENCES:

- Explore 11 hectares of parkland overlooking olive groves and Lake Garda
- Unwind in the “Water & Fire” spa world with hydrotherapy, salt-water pools, and relaxation areas
- Experience energy-based treatments
- Rebalance through movement classes such as Qi Gong, Pilates, stretching, and Fitball
- Enjoy Vital Gourmet cuisine with a seasonal Mediterranean detox menu
- Follow a Therapeutic Garden journey with energy-focused stations to restore balance
- Receive expert medical consultations
- Detox with advanced treatments
- Complete a full fitness assessment to evaluate health, recovery, and performance



DETAILS & PRICING:

DATES:

3 nights
Year-Round

LOCATION:

Lefay Resort & SPA Lago di Garda
Lake Garda, Italy

PRICING:

From €2,535 in a Deluxe Junior Suite, based on single occupancy

Pricing includes full board, treatments, and all programme activities.

YOUR MAISON YOU BENEFITS:

- €50 spa voucher per room per stay, redeemable on treatments or spa shop purchases





ITINERARY

Prior to arrival, a pre-stay survey will be issued to prepare you for your experience. During your stay, a personalised daily itinerary will guide you through a variety of treatments.

- Initial examination to determine energy levels
- Personalized phytotherapy
- 1x Lefay SPA energy facial massage Derma di Luce
- 1x Personalised Lefay SPA energy body massage
- Cryotherapy
- 1x Activity for rebalancing physical energy (Stretching of Meridians)
- Final examination with targeted recommendations for maintenance

CONTACT US

hello@maison-you.com

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

www.maison-you.com

The journey inward is the greatest adventure of all

WELCOME HOME

