

The image is a vertical collage. At the top, a light green wall features a decorative border with a repeating pattern of green and white vertical stripes. Below this border, the central portion of the image shows an outdoor dining table covered with a pink and white checkered tablecloth. The table is set with several dishes, including a bowl of fruit, and a vase of flowers. In the background, there are tall grasses, a large green tree, and a modern building with a tan facade. The text 'MAISON YOU' is overlaid in the center in a white, serif font. At the bottom, another horizontal border with the same green and white striped pattern is visible. Below this border, a portion of a sofa with a purple and white houndstooth pattern is shown, along with two matching patterned cylindrical pillows. The overall aesthetic is elegant and sophisticated.

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.



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.



DETOX PROGRAMME

Lefay Resort & SPA
Lake Garda, Italy

5 or 10 nights
Year-Round



DETOX PROGRAMME

REBALANCE YOUR PHYSICAL AND MENTAL HEALTH BY
LOWERING YOUR LEVEL OF INFLAMMATION



The Lefay SPA Method "Detox" Programme is a curated five or ten-night stay at Lefay Resort & Spa Lago di Garda with a focus on rebalancing physical and mental health, lowering inflammation, and the restorative benefits of removing accumulated toxins.

This transformative Mediterranean escape includes an initial energy examination and intestinal check-up, targeted energy treatments like acupuncture and cupping therapy, purifying rituals such as aromatic mud wraps and energy body scrubs, and guided activities in the therapeutic garden, plus plenty of free time to relax in the extensive "Water and Fire" spa.



WHY IT STANDS OUT

Overlooking the waters of Lake Garda, the resort is a Mediterranean sanctuary designed to rebalance physical and mental health through the removal of accumulated toxins.

- Personalised, medically guided detox tailored to your body and goals
- Fusion of Eastern and Western therapies for a holistic, science-backed approach
- Structured, results-driven programme designed for lasting wellbeing beyond your stay
- Comprehensive lifestyle reset combining nutrition, treatments, and movement for full-body renewal



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 including acupuncture, cupping, and Tuina massage
- 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 including energy assessment and intestinal check-up
- Detox with advanced spa rituals like body scrubs, mud wraps, and hydro-aromatherapy
- Complete a full fitness assessment to evaluate health, recovery, and performance

DETAILS & PRICING:

DATES:

5 or 10 nights
Year-Round

LOCATION:

Lefay Resort & SPA Lago di Garda
Lake Garda, Italy

PRICING:

5 Day Programme

From €5,395 in a Deluxe Junior Suite, based on single occupancy

10 Day Programme

From €9,595 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, with one or two from each category below, depending on your programme length.

- Introduction to the programme
- Welcome ritual salt-water pool *La Luna nel Lago*
- Initial medical examination to determine energy levels
- Personalised phytotherapy
- Intermediate medical interview**
- Intestinal check-up
- Nutritional consultation and prescription of special diet
- Lefay SPA energy body scrub
- Lefay SPA foot reflexology treatment
- Lefay SPA facial cleansing ritual *Unico Cielo*
- Lefay SPA phyto – specific aromatic mud wraps
- Specific energy tuina massage
- Moxibustion treatment
- Acupuncture session
- Lefay SPA detoxifying energy massage *La Luce oltre la Nebbia* (with cupping)
- Cryotherapy session
- Lefay SPA draining energy massage *La Rugiada del Mattino*
- Cellular repair treatment (NanoVi device)
- Activities for rebalancing physical energy (Stretching of Meridians)
- Guided walk in the energy and therapeutic garden
- Final examination with targeted recommendations for maintenance

CONTACT US

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www.maison-you.com

The journey inward is the greatest adventure of all

WELCOME HOME

