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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.



## ROYAL MANSOUR TAMUDA BAY

Royal Mansour Tamuda Bay is a refined and relaxing beach resort where Moroccan mountains meet the Mediterranean.

The exclusive 10-hectare estate offers a collection of 55 villas and suites in chic Mediterranean style, nestled in nature and neighbouring the pristine sand, turquoise waters and cerulean blue skies of the Moroccan Riviera.

A place to rediscover renewed vitality, restore physical and emotional equilibrium, and savour the divine sense of calmness found on the shores of the Alboran Sea.

Guests are invited to indulge in "Vital Gourmet" dining that honors the body's metabolic functions and a world-class Medi-Spa where integrative medicine and preventive health come together to preserve the vital assets of today and tomorrow.



**LONGEVITY BOOST**

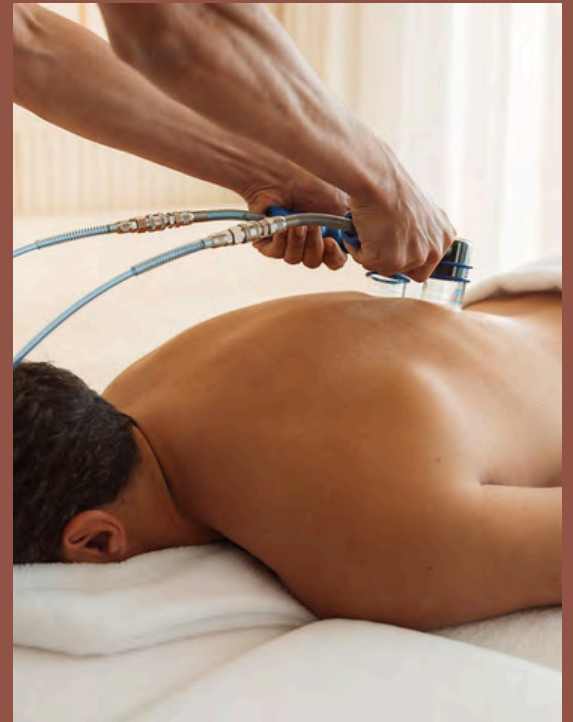
Royal Mansour Tamuda Bay  
Tamuda Bay, Morocco

8 nights  
Year-Round



# LONGEVITY BOOST

RENEW VITALITY  
RESTORE BALANCE  
SUSTAIN ENERGY



The Longevity Boost retreat is a curated seven-day programme at Royal Mansour Tamada Bay's Medi-Spa where integrative medicine and preventative health collide. The retreat aims to thoroughly rebalance metabolic and cellular functions and embed the fundamentals of conscious, sustainable, healthy ageing.

Experience a transformative Mediterranean escape to slow the signs of ageing and find your physical and emotional equilibrium. Work to improve stress, fatigue and metabolic imbalances alongside expert clinicians allowing you to improve sleep and recovery with a lasting sense of mind-body balance.



### WHY IT STANDS OUT

Set on the Moroccan Riviera, the Medi-Spa at Royal Mansour Tamuda Bay is a sanctuary of preventive medicine designed to reset your regenerative mechanisms through a transformative seven-day journey.

- **Longevity Assessment:** Start with a personalised diagnostic assessment including blood tests, nutritional, stress and sleep analysis to identify imbalances and lay the foundations for holistic rebalancing.
- **Revitalisation Therapies:** Harness targeted treatments like acupuncture to rebalance energy, cryotherapy to reduce inflammation and simulate cell regeneration and Watsu aquatic massage to restore vitality and energy.
- **Holistic Balance:** Take advantage of expert-led sessions in individual yoga, Pilates, and mindfulness meditation to improve flexibility and manage stress.



## KEY EXPERIENCES:

- Discover the tranquil Mediterranean coast, where the setting is designed to encourage deep relaxation.
- Receive a comprehensive longevity diagnostic, including blood tests and a physical fitness analysis, to create your bespoke treatment plan with the resident doctor.
- Benefit from two lymphatic drainage sessions to stimulate blood and lymphatic circulation.
- Experience the re-energizing power of water with a Watsu aquatic massage.
- Attend personalised movement sessions, including intensive fitness coaching to improve endurance and muscle tone and individual yoga, aqua yoga and reformer Pilates coaching.
- Enjoy specialised treatments such as the SPM radiance and firmness facial by Weyergans, a revitalizing Chi Nei Tsang massage and anti-cellulite drainage treatment.
- Dine on Mediterranean-inspired cuisine crafted to rebalance essential bodily functions and support your specific metabolic needs, alongside a dietary consultation to optimise eating habits.
- Benefit from long-term support with three scheduled follow-up consultations to ensure your new wellness benchmarks last.

## DETAILS & PRICING:

### DATES:

8 nights  
Year-Round

### LOCATION:

Royal Mansour Tamuda Bay  
Tamuda Bay, Morocco

### PRICING:

#### Cost of Programme

£5,230 per person

#### Cost of Accommodation

from £5,700 based on single occupancy in a Deluxe Suite

### MAISON YOU BENEFITS:

- Daily breakfast for two guests
- Priority upgrade at check-in\*
- Early check in/late check out\*

\*subject to availability





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### Day One and Two: Diagnosis and Detoxification

- Personalised longevity assessment and care plan via blood test, nutritional and physical fitness analysis
- Stress and emotional management assessment
- Sleep quality and recovery capacity analysis
- Manual lymphatic drainage treatment to stimulate blood and lymphatic circulation
- Watsu® message for a relaxing and re-energising aquatic experience
- Free access to facilities and group classes

### Day Three, Four and Five: Strength and Vitality

- Acupuncture sessions to stimulate energy flow
- Intensive fitness coaching (circuit training) and individual yoga and reformer Pilates sessions
- Mindfulness session for deep centering
- Marine trilogy
- Chi Nei Tsang massage to revitalise your digestive system
- Sound healing to calm the mind

### Day Six and Seven: Harmony and Rebalancing

- Cryotherapy treatment to reduce inflammation and stimulate cell regeneration
- Pranayama session for controlled, intentional breathing
- Manual lymphatic drainage treatment
- Aqua yoga class for ultimate serenity
- Anti-cellulite drainage treatment
- Holistic consultation and final recommendations for post-programme follow up.

## CONTACT US

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The journey inward is the greatest adventure of all

WELCOME HOME

