

The image is a vertical collage. At the top, a green and white striped border runs across the width. Below it, a photograph shows an outdoor dining table with a pink and white checkered tablecloth, set with plates of food and a vase of flowers. In the background, there are tall grasses and a large tree. To the right, a portion of a modern, tan-colored building is visible. The text 'MAISON YOU' is overlaid in the center in a white, serif font. At the bottom, another green and white striped border runs across the width, above a photograph of a sofa with a purple and white geometric pattern and two matching cylindrical pillows. The entire scene is framed by a light green wall with decorative elements at the top and bottom edges.

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.



CLINIQUE LA PRAIRIE

Clinique La Prairie is a world-renowned sanctuary where cutting-edge medical science, Swiss precision and holistic wellness converge. A place to pause, regenerate and embrace a life of longevity and vitality amidst the serene beauty of the Swiss Riviera.

The ultra-luxury medical retreat is nestled between the tranquil shores of Lake Geneva and the majestic Swiss Alps. The clinic offers a breathtaking landscape that fosters deep mental and physical restoration.

Guests are invited to experience a sophisticated environment where medical expertise meets high-end hospitality, featuring a state-of-the-art spa and gourmet nutrition designed to revitalize the body from within. Every stay reflects a commitment to excellence, offering a private and prestigious escape where science and nature work in perfect harmony.



LIFE RESET

Clinique La Prairie,
Montreaux, Switzerland

7 nights
Year Round



LIFE RESET

A SCIENTIFIC
FRAMEWORK TO
SWISS SERENITY



Life Reset is the first programme in the world to address mental wellbeing through a scientific framework. Mental wellbeing plays a fundamental role in longevity as research shows that chronic stress and emotional pain accelerate biological aging, impacting immunity, inflammation and cellular repair. Life Reset is designed to assist with reversing this process.

This life-changing escape to the Swiss Riviera includes a comprehensive medical check-up with advanced blood tests, DNA microbiota test and probiotic cure alongside personalised nutritional guidance. Wellbeing treatments such as aromatherapy and neuroacoustic relaxation run alongside activities including private fitness coaching and sunrise yoga, plus free time to relax in the award-winning spa and pool.



WHY IT STANDS OUT

Overlooking the serene Lake Geneva and the Swiss Alps, the clinic is a world-class sanctuary where cutting-edge medical science and cellular longevity meet to reset your physical and mental health.

- **Advanced Medical Insight:** Benefit from decades of passion for cutting-edge preventive medicine and cellular regeneration with the world’s leading specialists guiding you to live the most full and long life possible.
- **Neuroacoustic Relaxation:** Precision sound and vibration frequencies harmonises the nervous system. Experience deep relaxation, improved focus, and a gentle quieting of the mind.
- **Focus on Wellbeing:** Be expertly guided through treatments which focus on your wellbeing including hypnotherapy and Chi Nei Tsang massage.



KEY EXPERIENCES:

- Relax and recharge in the award-winning spa, featuring a large indoor swimming pool, sauna, steam room and vitality pool.
- Complete a Longevity Master Assessment with experts and nutritionists to build a personalised roadmap for long-term health.
- Experience wellbeing treatments including aromatherapy, neuroacoustic relaxation and Chi Nei Tsang massage – a skin anti-inflammatory treatment.
- Dine on "CLP Anti-Inflammatory" gourmet produce, featuring specialized nutritional plans designed to boost longevity and cellular health.
- Experience deep mental restoration through stress management workshops and sessions designed to improve sleep quality.
- Explore the local beauty of the Swiss Riviera while participating in outdoor activities designed to reconnect you with the natural landscape

DETAILS & PRICING:

DATES:

7 nights / 6 nights
Year-Round

LOCATION:

La Clinique La Prairie
Montreaux, Switzerland

PRICING:

From 11,920 CHF based on single occupancy.
Pricing includes retreat programme and full board.





ITINERARY

Day One

- Complete the unique Longevity Master Assessment; an advanced evaluation of key longevity drivers exploring biochemical, cardiovascular, and cognitive markers that define the foundations of health and vitality.
- Mental health coaching
- Neuroacoustic therapy

Day Two

- Phase one of the 3-Phase Meditation Protocol, introducing mindful awareness as a tool to quiet the mind, regulate breath and stabilize emotions.
- Body realignment and targeted movement follow, designed to release muscular tension and support posture, flexibility and flow.

Day Three

- Nature Immersion Experience — a half-day journey through forest and mountain paths that awakens the senses and quiets mental noise. Guided foraging, aromatherapy, fascia stretching and breathwork open new channels of perception and ease deep physical tension, mirroring nature's own rhythm of renewal.
- Nutritional guidance expands your understanding of how food, mood and vitality are intimately linked.

Day Four


- Audiovitality® therapy deepens this awakening through proprietary sound and vibration frequencies that realign internal systems, stimulate neural pathways and foster deep physiological coherence.
- A personal movement session strengthens endurance and posture, anchoring the renewed energy.
- Meditation practice continues into its second phase, deepening mental stillness and expanding awareness.

Day Five

- Longevity consultation and assessment debrief to reflect on the week's progress and receive guidance to continue nurturing balance in the months ahead.
- Closing meditation and breath awareness session anchors gratitude and inner stillness.
- A final nutrition session refines your approach to energy and emotional balance, offering clarity for daily wellbeing.

CONTACT US

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www.maison-you.com

The journey inward is the greatest adventure of all

WELCOME HOME

