



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 DOLOMITI

Lefay Resort & SPA Dolomiti is the second property of the Lefay Resorts & Residences brand, founded in 2006 by Domenico Alcide and Liliana Leali with a vision to redefine luxury through wellbeing, sustainability, and a deep connection to nature. Set in the UNESCO-listed Dolomites in Pinzolo, within the Madonna di Campiglio area, the resort is surrounded by forested valleys and dramatic mountain peaks, creating an immersive alpine setting that shifts beautifully with the seasons.

The experience combines contemporary design with natural landscapes and the Lefay SPA Method, which blends Eastern and Western wellness traditions. Today, Lefay is recognised for its holistic philosophy and distinctive Italian approach to luxury, centred on space, privacy, and nature.





ACTIVE & BALANCE

A TOTAL REBALANCING EXPERIENCE BETWEEN
SURROUNDING NATURE AND INDOOR SPA ACTIVITIES.



Lefay Resort & SPA Dolomiti offers two wellness experiences designed as immersive stays, with a 3-night reset or a 5-night deeper wellness journey.

The 3-night **Yin Yang Programme** focuses on restoring balance and harmony, combining targeted spa treatments, light movement, and time in nature to rebalance body and mind in a short, restorative escape.

The 5-night **The Lefay SPA Dolomiti Programme** offers a deeper and more comprehensive journey, integrating advanced spa therapies, personalised wellness consultations, fitness and mindfulness practices, and Lefay's nutritional approach through its Energy Cuisine philosophy.



WHY IT STANDS OUT

Blending alpine nature with the five movements of Classical Chinese Medicine, each programme combines spa and outdoor experiences to restore balance, support detoxification, and revitalise the body.

- **Energy Therapeutic Path:** Qi flows between Yin and Yang, and through the five movements links nature and body. Both programmes are structured into five energy areas: Green Dragon, Red Phoenix, White Tiger, Black Tortoise, and the Centre.
- **Outdoor Activities:** Nature supports psychophysical wellbeing, with time outdoors seen as a form of healing and regeneration.
- **Acupuncture:** By working on the body's meridians, acupuncture restores the flow of Qi, helping rebalance energy and support overall wellbeing.



KEY EXPERIENCES:

- Explore the majestic landscape of the UNESCO World Heritage Dolomites through guided mountain trekking and immersive forest bathing.
- Recharge in the expansive 5,000 sqm Lefay SPA, featuring a World of Water and Fire with specialized saunas, an indoor/outdoor pool, and a salt-water lake.
- Experience specialised energy treatments, including reflexology and aromatherapy massages, designed to restore your natural flow.
- Participate in physical and energetic activities such as postural gymnastics, stretching, and Qi Gong.
- Dine on "Vital Gourmet" cuisine, where Mediterranean flavors meet local, seasonal ingredients for a detoxifying and flavorful experience.
- Receive personalized consultations, including a medical examination and a nutritional assessment, to optimize your wellness journey.
- Discover the pristine natural beauty of the Pinzolo region, surrounded by snow-capped peaks and crystal-clear lakes.
- Unwind in your suite, where natural materials like local wood and stone bring the warmth of an Alpine village into your private space.

DETAILS & PRICING:

DATES:

3 or 5 nights
Year-Round

LOCATION:

Lefay Resort & SPA Dolomiti
Dolomites, Italy

PRICING:

[3 night Yin Yang Programme](#)

Cost of Programme: €1,090 per person

Cost of Accommodation: From €425 single occupancy and €475 double occupancy in a Prestige Junior Suite

[5 night The Lefay SPA Dolomiti Programme](#)

Cost of Programme: €2,590 per person

Cost of Accommodation: From €425 single occupancy and €475 double occupancy in a Prestige Junior Suite

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

Following an introduction to the programme and a fitness consultation, each day is themed around the five following movements of Classical Chinese Medicine.

- **Green Dragon:** An energy massage 'Stretching of Meridians' use of mid-temperature biosauna area, dandelion and bitter herb herbal tea.
- **Red Phoenix:** An energy massage, Sauna stretching, use of Finnish sauna area, lavender and passionflower herbal tea.
- **White Tiger:** An energy massage, yoga lesson, use of the humid area, mallow and blackcurrant herbal tea.
- **Black Tortoise:** An energy massage, Black Tortoise short path (salt-water pool, salt grotto relaxation, scrub and mud therapy), elder and equisetum herbal tea.
- **Centre Energy:** A facial massage, rest in the Centre, lemon balm and lemon herbal tea.

The 5-day programme includes all five daily themes, while the 3-day programme features only the Red Phoenix Day and Black Tortoise Day. Each programme follows the below flow and concludes with a final examination.

- Breakfast: In the morning, Yin turns into Yang. The Lefay SPA breakfast aims to empower energy levels for the whole day.
- Outdoor Activity: Selected according to the day's specific energy constitution, aligning movement in nature with individual energetic needs.
- Lunch: The dishes on the Lefay SPA menu are designed to restore and rebalance your energy.
- Afternoon: Stay in the specific energy area of the Lefay SPA combined with the related treatments.
- Physical-energy Rebalancing Activities: Body reactivation under the guidance of Lefay SPA experts.
- Phytotherapy: A moment of relaxation with the specific herbal tea of the energy area.
- Dinner: In the evening, Yang turns into Yin. The dishes of Lefay SPA menu prepare body and mind for a restful sleep.

CONTACT US

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The journey inward is the greatest adventure of all

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