



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.



HOY PARIS

HOY translates as TODAY in Spanish - shaping the ethos of this central Paris hotel where the power of the present moment is cultivated alongside the art of living and eating well. HOY offers a true urban retreat in the city, specifically designed to help you reconnect.

HOY also stands for House of Yoga - and yoga is at the heart of the offering at HOY. Much more than just a sport or a simple moment of relaxation, it embodies a philosophy of life in the moment.

Guests can enjoy plant-based cuisine inspired by Latin-American roots, with a menu which aims to improve your state of mind, smooth the appearance of your skin, boost your energy, increase your neural activity and help prevent many diseases in a holistic way.



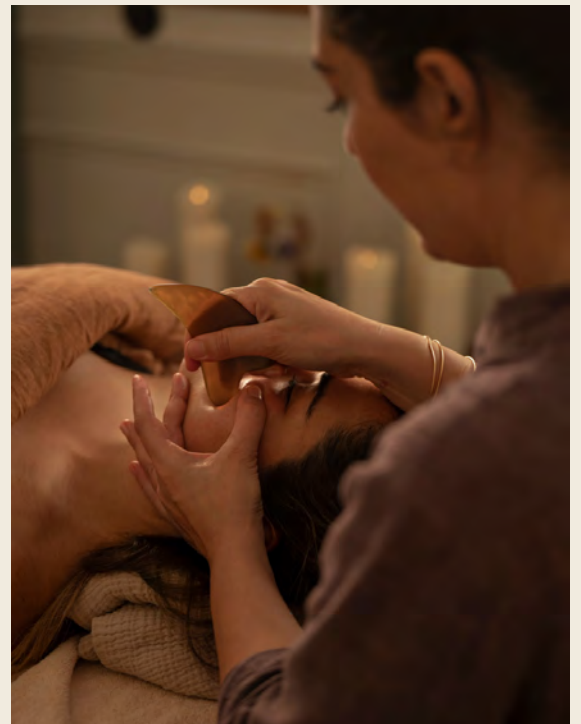


MAISON YOU SIGNATURE EXPERIENCE



Maison You have worked with HOY to provide an insightful **Half Day Journey** to introduce you to city-centre wellness: discover the pleasure of being fully present and savoring the moment. This is an invitation to open up, explore and transform your habits.

Through the diversity of disciplines offered, HOY encourages everyone to listen to their body, awaken their curiosity and reconnect with themselves. HOY has established sustainable principles and aims to inspire more conscious and respectful lifestyle choices.



WHY IT STANDS OUT

As an independent company, HOY, promises a living space focused on well-being and good living for Parisians and yogis from around the world.

- **Experience Yoga:** Yoga classes are offered in a dimly lit setting under infrared light, for a deep practice that promotes relaxation, mobility and well-being. Your session naturally invites letting go and lasting relaxation.
- **Treatment:** HOY offers a full spectrum of holistic treatments including Tarot consultation, traditional Chinese Chi Nei Tsang massage, grounding massage, a private sound bath and Reiki.



KEY EXPERIENCES:

- Yoga sessions are run frequently at HOY and cater to varying levels of ability. Beginners can try out Flow & Restore or Yin Yoga among others, or more advanced yogis can take part in Vinyasa Flow Level 2 or Level 3.
- With an impressive roster of therapists, you can select a treatment based on the experience and care which speaks to you and your requirements.
- Choose from a wide range of treatments, from signature relaxing or ayurvedic massages to tarot card reading or a magnetism session based around human magnetic energy.
- Enjoy a plant-based Latin American inspired meal with conscious and local ingredients.
- At the end of your experience, choose a bouquet of flowers from the in-hotel florist as a memento of your calming retreat.

DETAILS & PRICING:

DATES:

Half day
Year-Round

LOCATION:

HOY Paris
Paris, France

PRICING:

€290 per person for a half day including:

- One yoga session
- One treatment
- Brunch at MESA



The journey inward is the greatest adventure of all

WELCOME HOME

