



MAI SON YOU

WELCOME TO

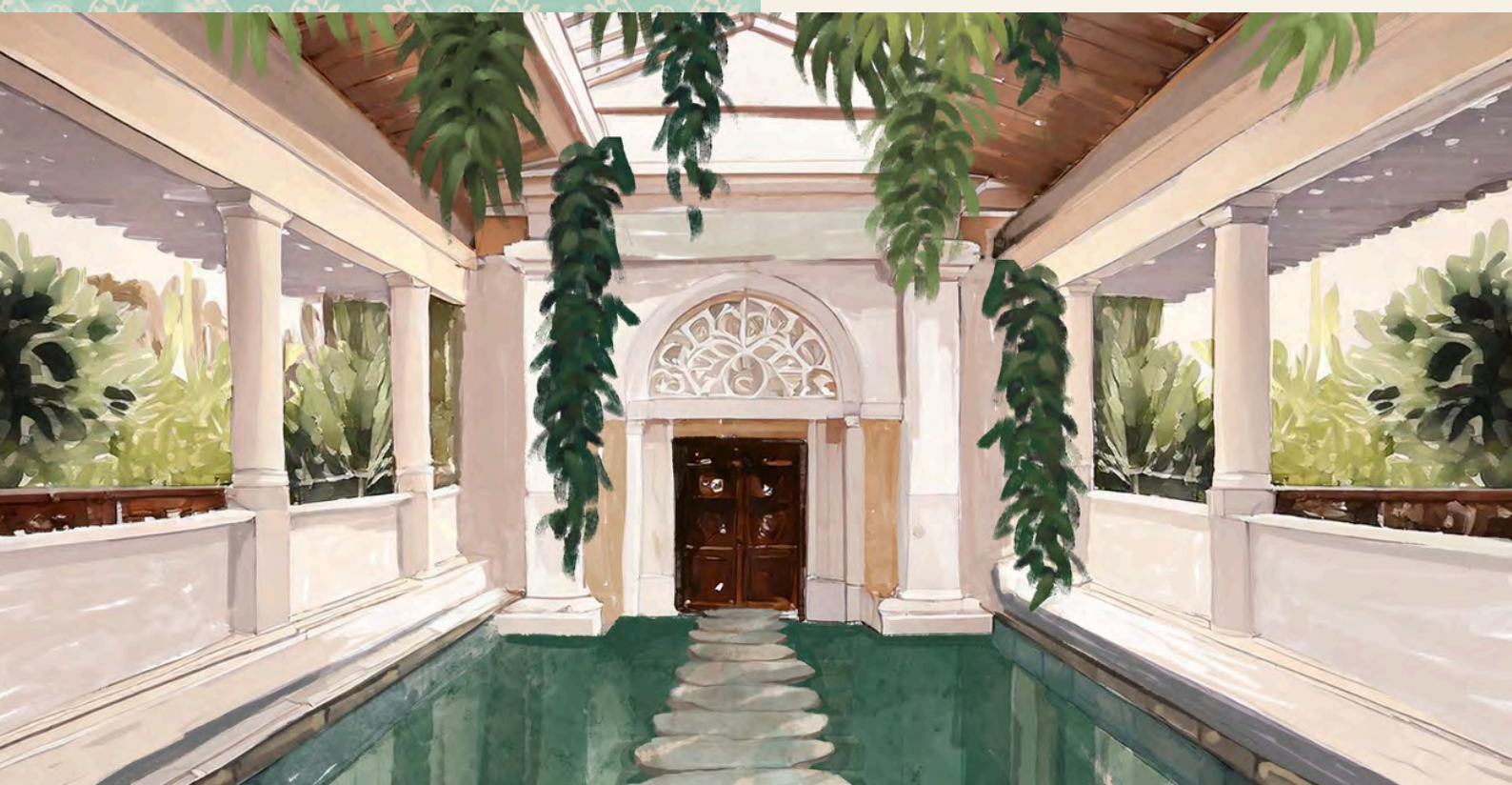
MAISON YOU

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.



ADLER RITTEN

Some places simply cast their spell over you. They catch your eye, touch your spirit and stay in your heart. The Adler lodge hotel in the northern Italian Dolomites emerges in one of those enchanting places, majestically high above the valleys and surrounded by the magic of the mountains. A holiday destination for all those who long for laid-back bliss, freedom and invigorating lightness.

Here, wellness is woven into every detail: light-filled suites and chalets immersed in trees, a panoramic open-air pool, and a spa nestled in the forest. The Adler philosophy has always been about balance; blending hospitality, natural beauty and holistic care to create spaces where guests can restore energy, reconnect with themselves and breathe deeply in the alpine air.



THE MOUNTAIN RESET

Adler Ritten
Italian Dolomites

3 nights
Year-Round

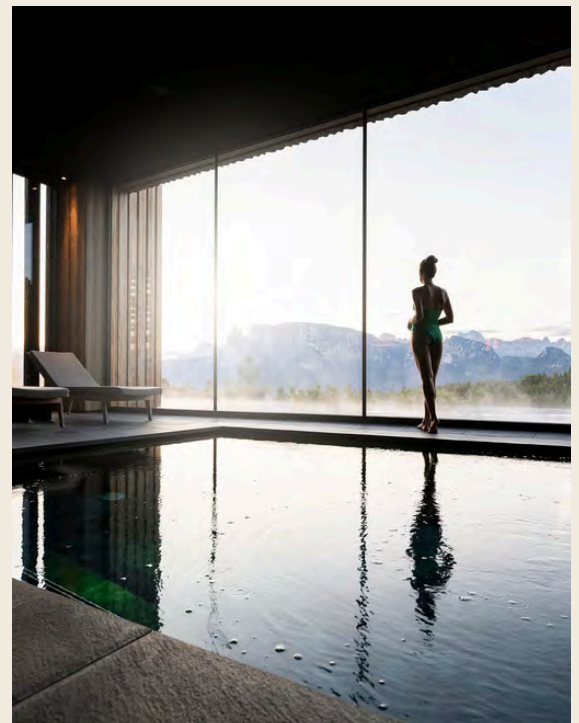
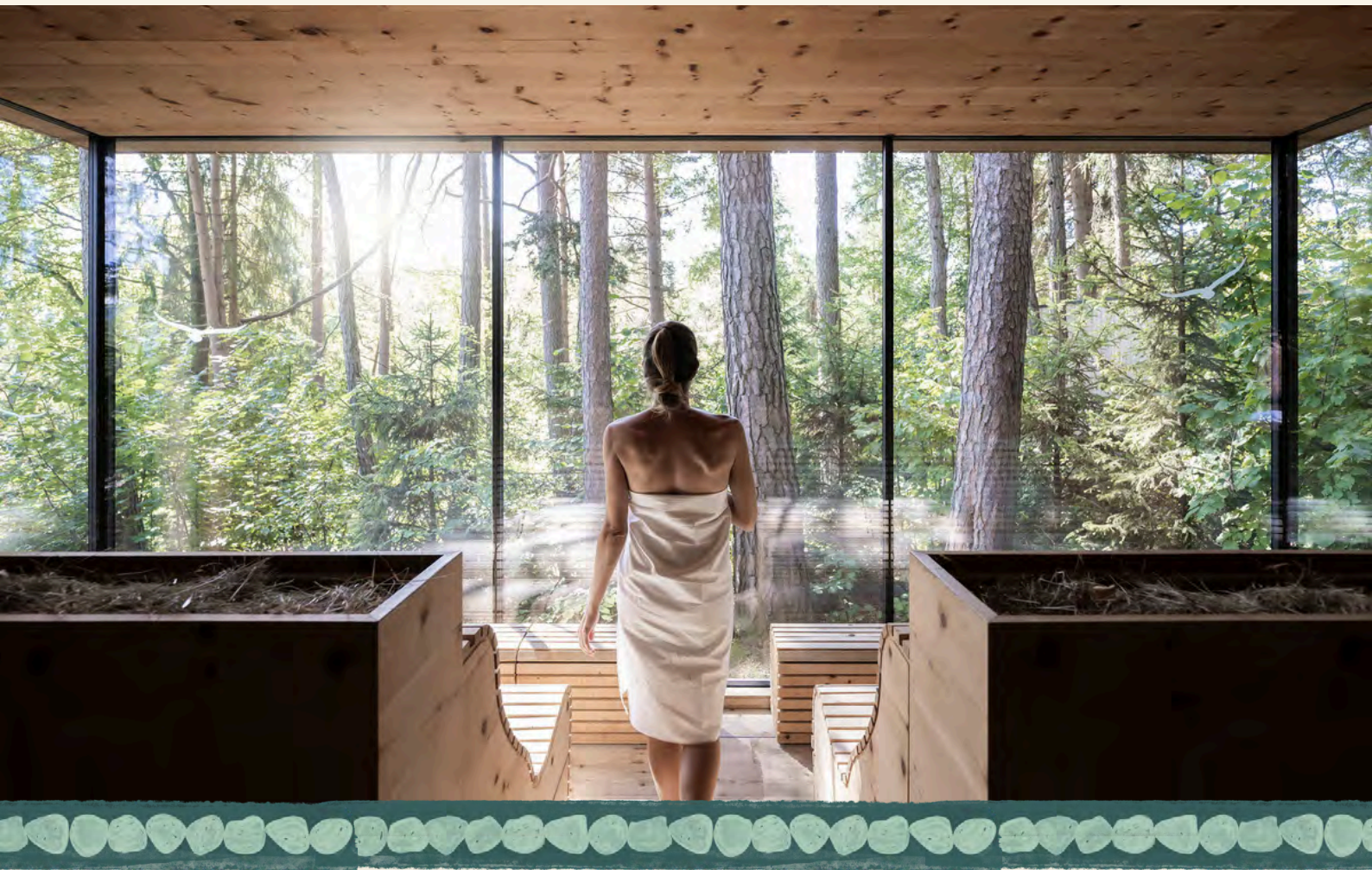
THE MOUNTAIN RESET

ALLOW VIBRANT NATURE STIMULATE THE SENSES



Adler Ritten offers the perfect location in the Italian Dolomites for a moment of peace, to find deep connection with nature and mindful enjoyment. **The Mountain Reset** offers the best of South Tyrolean hospitality; a lifestyle which connects the body and mind in activity, nourishment and rest.

During your visit, take part in a yoga session, organised hike, or E-bike ride over the Renon. Return to rest your body in the Finnish sauna, steam bath or infinity pool with views across the valley. Available year-round, choose to dine each evening with panoramic views of snow capped mountains and crackling fires, or wildflower meadows and dappled light through the leaves.



WHY IT STANDS OUT

With meadows, woods and mountains all around, it's easy to find a new balance with your inner self. Indulging your own rhythm, savouring every moment. Explore a variety of activities at your own pace.

- **Mountain Sounds Meditation:** A guided meditation that combines natural mountain sounds such as wind, streams, or Tibetan singing bowls with the heat of the sauna, promoting deep mental relaxation.
- **Active Exploration:** Join a guided walk or E-bike tour through the Renon region along idyllic forest paths and impressive plateaus and viewpoints.
- **Sea Salt Scrub:** From 4-5pm each day, sea salt is made available alongside the steam bath for a natural purification ritual.



KEY EXPERIENCES:

- Relax in the panoramic spa including indoor and outdoor pools, steam bath, Finnish sauna and forest relaxation area
- Join a guided hike or E-bike tour to explore the beauty of the Renon region
- Feel deep tranquility during a mountain sounds meditation session in the Finnish sauna, or a sound bath in the yoga studio
- If body, spirit and soul need a break, let yourself be pampered by the experienced Adler spa team. Options include an extensive facial menu, body wraps and scrubs, massages and Oriental treatments, as well as beauty services.
- Enjoy Adler Ritten's all-inclusive dining, including buffet breakfasts, light lunches and gourmet à la carte dinners alongside local wines, fresh spring water and South Tyrolean specialties

DETAILS & PRICING:

DATES:

3 Nights
Year-Round

LOCATION:

Adler Ritten
Dolomites, Italy

PRICING:

From €1,764 based on two people sharing a Junior Suite.
Pricing is variable depending on season.

YOUR MAISON YOU BENEFITS:

- €90 Spa voucher per room





WEEKLY ACTIVITY PROGRAMME

MONDAY

- South Tyrolean canederli tasting
- Sea salt scrub with steam bath

TUESDAY

- BBQ on the terrace
- Sea salt scrub with steam bath

WEDNESDAY

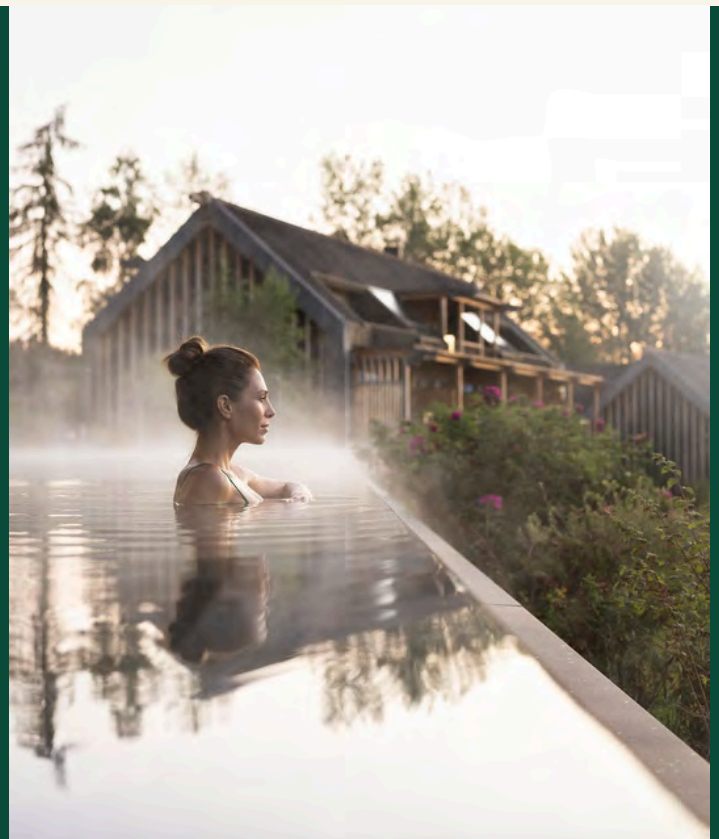
- Sea salt scrub with steam bath
- "Breath of the Mountains" sauna infusion
- Behind the scenes of the lodge
- Mountain sounds meditation in the Finnish sauna
- Tasting Speck from Renon

THURSDAY

- Yoga morning stretch
- Sound bath
- Hike Kaseracker, Riggermoos - Höldwiesen
- E-bike tour over the Renon
- "Kaiserschmarrn" (pancakes) on the terrace
- Sea salt scrub with steam bath
- "Fire Spirit" sauna infusion
- Mountain sounds meditation

FRIDAY

- Yoga morning stretch
- Yoga Vinyasa
- Hike Bad Siess, Monte di Mezzo, Piramidi di Terra
- BBQ on the terrace
- E-bike tour over the Renon
- Sea salt scrub with steam bath
- "Nordic Ice Ritual" sauna infusion
- "Wind of Power" sauna infusion



SATURDAY

- Drain yoga flow
- Pilates
- Hike Auna di Sopra, Schelmsteig, Lobishof
- Sea salt scrub with steam bath
- "Breath of the Mountains" sauna infusion
- "Fire Spirit" sauna infusion

SUNDAY

- Yoga morning stretch
- Yoga Vinyasa
- Pilates
- Sea scrub with steam bath
- "Night Serenity Ritual" sauna infusion
- "Mediterranean Escape" sauna infusion

CONTACT US

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www.maison-you.com

The journey inward is the greatest adventure of all

WELCOME HOME

