



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.



CHENOT PALACE

Nestled on the pristine shores of Lake Lucerne in the historical Swiss village of Weggis, facing Mount Rigi and Pilatus, lies Chenot Palace. A place where the sole purpose is to make you feel good, to put you at ease and enter into intimacy with your being; empowering generations of people to live longer, healthier, more fulfilled lives.

Renowned for offering the most advanced wellness retreats in Switzerland and guided by over 50 years of scientific studies, the Chenot Palace Weggis combines a 5,000 sqm state-of-the-art medical spa, unique advanced diagnostics, powerful personalised treatments and detoxification techniques with the highest levels of superlative hospitality. This extends to your dining experience during your stay, where a talented team of creative chefs and nutritional scientists work in perfect synergy with your medical treatments.

To compliment your retreat, swim from the private lake front beach during all seasons, and enjoy year-round fitness classes including yoga, guided walking and hiking tours.



ADVANCED DETOX

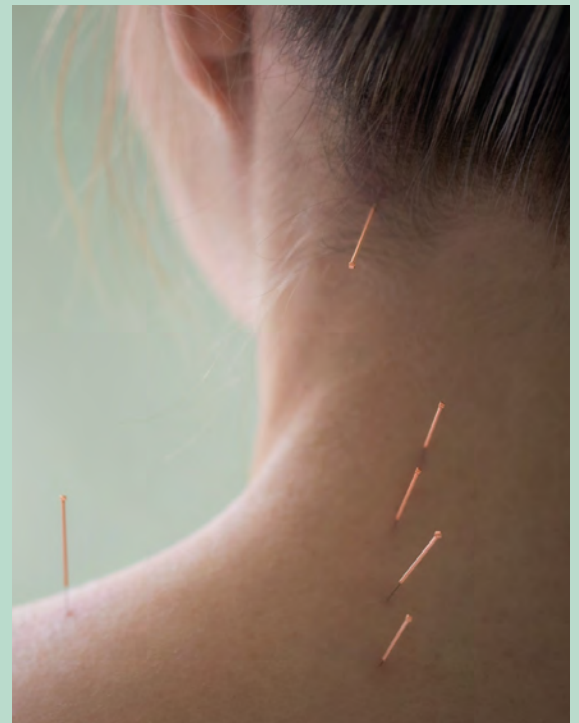
Chenot Palace
Weggis, Switzerland

7-14 nights
Year-Round



ADVANCED DETOX

UNLEASH THE SELF-HEALING POWER OF YOUR BODY



To achieve optimal detoxification and a reset of body and mind, the **Advanced Detox** programme uses medical consultations, advanced diagnostic testing and the fast-mimicking Chenot Diet®, combined with individually targeted treatments. The tailored approach by a team of world-class professionals leads you on a path to attain and maintain a state of wellness in your life for the years to come.

Carried out under medical supervision, treatments consist of cellular resonance therapies; massage techniques using cupping, electrostimulation and essential oils; hydro-aromatherapies with plant extracts, as well as plant-based mud wrapping applications enriched with pure microalgae and invigorating high-pressure showers.



WHY IT STANDS OUT

Chenot's pillar programme has the power to transform long-established habits and supercharge health in just one week. The winner of the World's Best Detox Programme in 2025 for the fifth year running, the Advanced Detox is globally acclaimed.

- **Chenot Diagnostics:** Chenot Lifestyle Biomarkers® provide an indication of your current rate of biological ageing. These include assessing vascular age, minerals and heavy metals intoxication, measurement of Advanced Glycation End products and skin collagen thickness.
- **Exceptional Treatments:** Cutting edge treatments include laser bio-energetic treatment, cupping energetic massages, hydro-aromatherapy massage and phyto-mud body wraps.
- **Chenot Diet®:** An essential component of the Chenot Method®, this fast-mimicking diet incorporates three appetising, reduced-calorie and plant-based meals a day.



KEY EXPERIENCES:

- Embrace the focus to not add years to your life, but life to your years
- Benefit from full professional medical and nutritional assessments to assist with identifying areas for improvement during and beyond your stay
- Under-go diagnostic testing in line with the Chenot Lifestyle Biomarkers® providing a personalised vitality score
- Enjoy daily treatments of hydro-aromatherapy, phyto-mud wraps and hydro-jet, and Chenot Energetic massages
- Explore Resonance Analysis Technology, a state-of-the-art bio-energetic screening providing information about the energetic state of vital organs and the body's functions, in relation to defined parameters of health.
- Experience the fast-mimicking Chenot Diet® where each meal is precisely formulated to combine good fats, low glycaemic index carbohydrates and limited amounts of plant proteins; triggering the body's fasting response whilst providing ample nourishment to the cells.
- Swim from the private lake front beach during all seasons, and enjoy year-round fitness classes including yoga, guided walking and hiking tours.

DETAILS & PRICING:

DATES:

7 nights to a maximum of 14 nights
Year-Round

LOCATION:

Chenot Palace
Weggis, Switzerland

PRICING:

7 nights from CHF 8,370 for single occupancy of a Nest Room, or CHF 15,550 for two people sharing a Classic Room.

Price includes full programme, all inclusive meals and treatments.

YOUR MAISON YOU BENEFITS:

- Complimentary minibar
- CHF 100 spa credit per room (CHF 200 for a Suite)
- Room upgrade to the next higher category*
- Early check-in and late check-out*

*Subject to availability





ITINERARY

Arrival and departure days are not included within the programme schedule, allowing you time to settle before beginning the regime.

Day One

- First medical consultation
- First nutritional consultation
- Chenot Lifestyle Biomarkers assessment
- Body composition analysis
- Advanced Technology consultation
- Chenot Bio-Energetic check up and treatment
- Hydro-aromatherapy session
- Phyto-mud and hydro-jet session
- Chenot Energetic massage

Day Two

- Hydro-aromatherapy session
- Phyto-mud and hydro-jet session
- Chenot Energetic massage

Day Three

- Hydro-aromatherapy session
- Phyto-mud and hydro-jet session
- Chenot Energetic massage

Day Four

- Hydro-aromatherapy session
- Phyto-mud and hydro-jet session
- Chenot Energetic massage
- Final nutritional consultation

Day Five

- Hydro-aromatherapy session
- Phyto-mud and hydro-jet session
- Chenot Energetic massage

Day Six

- Hydro-aromatherapy session
- Phyto-mud and hydro-jet session
- Chenot Energetic massage
- Final medical consultation
- Chenot Bio-Energetic treatment

CONTACT US

hello@maison-you.com

[@_maisonyou](https://www.instagram.com/_maisonyou) 

www.maison-you.com

The journey inward is the greatest adventure of all

WELCOME HOME

