

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.



VAN OYS MAASTRICHT

Imbued with old-world grandeur and refined with contemporary luxury, Van Oys Maastricht Retreat is a destination dedicated to the art of slow travel. Emphasizing local, conscious and sustainable hospitality, the property focuses on the core values of the Cittaslow philosophy, where nature and slow living meet modernity.

Guests at Van Oys benefit from the choice of two dining experiences: the two-Michelin star restaurant Create – where gastronomy is an art form crafted with passion, precision and a deep respect for the finest ingredients; and the “Cuisine du Terroir” at Maes which celebrates the land, the seasons and the artisans who bring them to life.

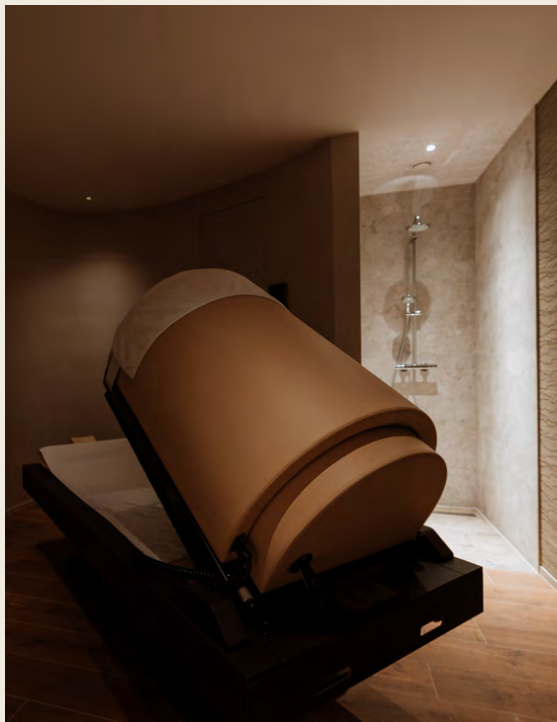
The bespoke OYSANA Spa and Sports facility at Van Oys embodies wellbeing as a way of life. At its heart is the philosophy of LifeFulness – a modern approach to living a long, vibrant and meaningful life, inspired by Blue Zone research and deeply rooted in the Terroir of the region Maas.





The **Performance Journey** is crafted for those seeking sharper focus, greater strength and elevated mental clarity. Across four days, you'll experience a dynamic blend of personalised training and high-frequency NeuroSync sessions at OYSANA Spa & Sport, designed to unlock your full potential.

During your stay you will enhance endurance, strengthen cognitive pathways and refine overall performance – helping you feel stronger, clearer and more capable in both body and mind. The exceptional two-Michelin star gastronomy and scenic setting at Van Oys makes this a luxurious experience to nourish the mind and body.



WHY IT STANDS OUT

Created to optimise both physical output and mental sharpness, this four-day journey blends expert training with advanced neurostimulation for a complete performance reset.

- **GAMMA NeuroSync:** Using modern neuroscience this touchless therapy enhances cognition, concentration and mental clarity.
- **Magnesium FloatSync:** In a space free from light and sound, floating shifts the body into parasympathetic dominance – activating the nervous system's natural rest, repair and digest functions.
- **Personal Training:** A curated experience dedicated to precision, intelligent training and sustainable strength.



KEY EXPERIENCES:

- Optimise your fitness with leading experts helping you to unlock your full potential and train in the most effective and sustainable manner. Includes 2x coaching sessions.
- Reignite your mental clarity with 4x sessions of cutting edge GAMMA NeuroSync for enhanced cognition.
- Benefit from 1x floating session in warm magnesium water without light or sound, activating deep rest and repair.
- Relax and recharge in the spa and enjoy the following facilities: Finnish and Bio saunas, cold plunge pool, Turkish steam bath and relaxation areas.
- Choose additional treatments at the OYSANA Spa such as sculpting and firming Aurora Lume or the cleansing and purifying Scandi Detox.
- Book a table at Create, where 2-Michelin-star excellence defines every dish – gastronomy as pure art, crafted with passion, precision and respect for the finest ingredients; or at Meas with farm-to-table seasonal produce.
- Savour a consciously crafted cocktail at the sophisticated Wine Bar César.

DETAILS & PRICING:

DATES:

3 days / 2 nights
Year-Round

LOCATION:

Van Oys
Maastricht, Netherlands

PRICING:

Programme Cost: €727 per person, including lunch.

Accommodation Cost: From €828 for a 2-night stay in a Cosy Room, including breakfast, based on two adults sharing on weekdays (Sunday-Thursday). A €100 supplement applies for weekend stays (Friday and Saturday).

Total cost for two people: €2,282

YOUR MAISON YOU BENEFITS:

- Upgrade to a higher room category (upon availability)



The journey inward is the greatest adventure of all

WELCOME HOME

