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MAISON SANTÉ

# HOME OF WELLNESS

Explore the newly opened Maison Santé, a wellbeing sanctuary in the city



Blending Eastern and Western medicine practices, Maison Santé is a wellness hub for those looking to kickstart their wellbeing journey. Step into a tranquil, aesthetically pleasing space that instantly calms your mind with natural earthy elements and neutral hues.

Maison Santé seeks to redefine the philosophy of wellness through regeneration, balance and growth of the body and mind. With nearly 17 years of experience in the field, Co-founder Dr. Maria Alonso – renowned within the UAE for her role as Medical Director at a leading wellness clinic – brings forth her expertise in Preventive Medicine and Traditional Chinese Medicine.

If you're unsure where to begin your health journey, Maison Santé is on a mission to help you achieve and sustain your wellbeing and health in the simplest, most effective way possible. The Preventive Medicine route begins with an assessment designed to reveal a detailed image of your current state of health, focusing on areas that require special attention. The assessment evaluates your genetic predisposition, lifestyle and nutrition, to detect and prevent risk factors early on. Additional services such as Manual Lymphatic Drainage, Physiotherapy and Psychology are also available.

## **Maison Santé Lounge**

Designed for you to relax with a cup of organic coffee or tea with nutritious snacks, the lounge is ideal for those who want to unwind before and after treatments. You can also find an extensive selection of well-sourced premium supplements, making Maison Santé the ultimate spot for all your wellness needs.