



MAI SON YOU

WELCOME TO

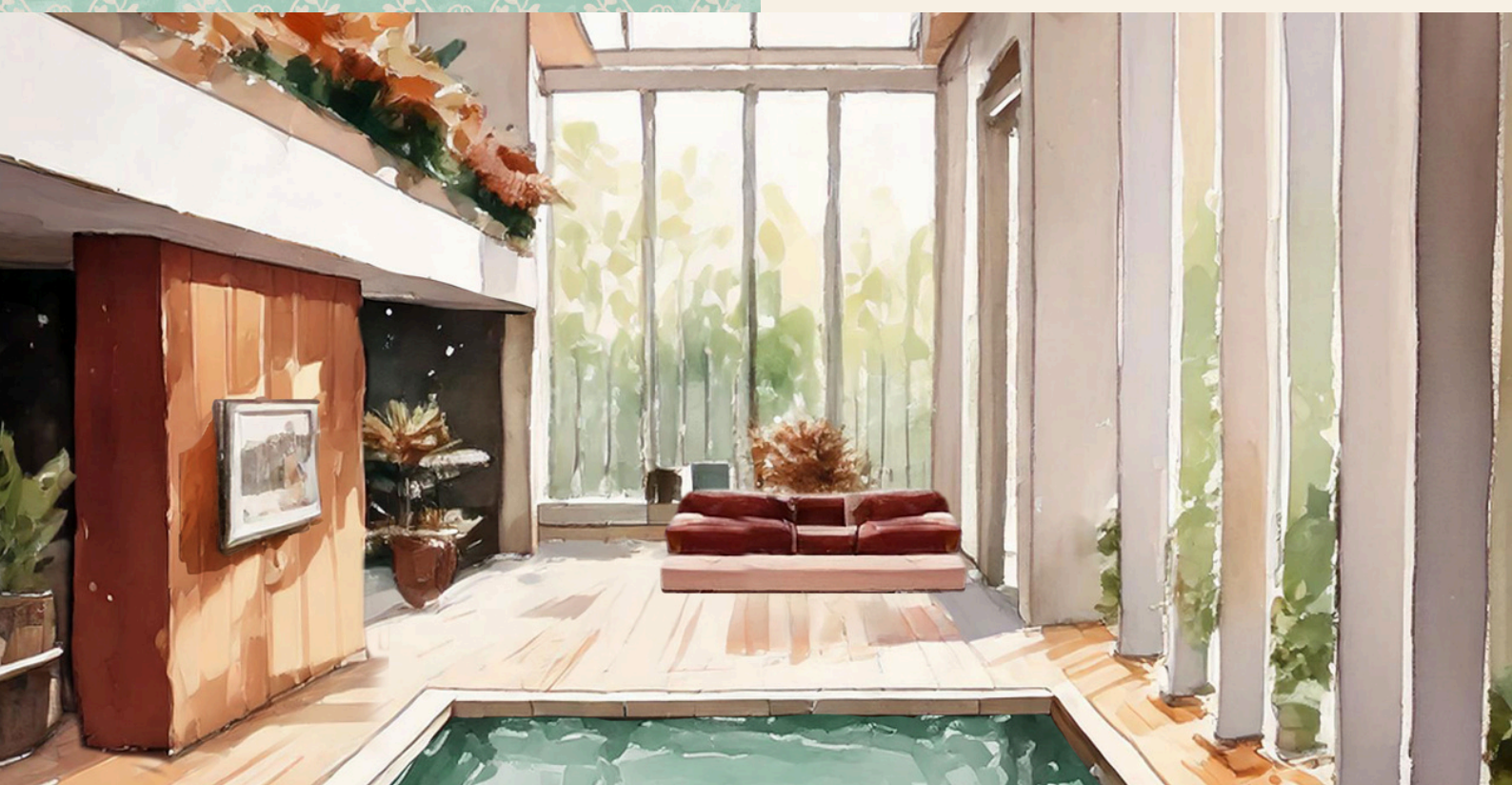
MAISON YOU

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.



SHA

Embark on a hyper-personalized, results-driven health journey with SHA, the world's leading brand in longevity and scientific wellbeing. Discover your potential at SHA's world-class destinations, where science and soul converge.

With nearly two decades at the forefront of health optimization, SHA blends cutting-edge longevity science with a vibrant, healthy lifestyle to create lasting vitality.

Offering an unmatched range of treatments and one-on-one sessions with experts across 50+ medical and holistic specialties, SHA combines state-of-the-art diagnostics, precision medicine, science-backed longevity protocols, innovative biohacking, and active living to foster a dynamic wellbeing community.

From the pristine Mexican Caribbean to the enchanting Spanish Mediterranean, SHA is the beginning of a transformative journey toward lifelong health.



SIGNATURE EXPERIENCES



SHA MEXICO, CANCÚN, MEXICO
YEAR-ROUND AVAILABILITY
4, 7, 10, 14 NIGHTS

LEADER'S
PERFORMANCE

SHA MEXICO, CANCÚN, MEXICO
YEAR-ROUND AVAILABILITY
7, 10, 14 NIGHTS

INTENSIVE
DETOX & OPTIMAL
WEIGHT

SHA MEXICO, CANCÚN, MEXICO
YEAR-ROUND AVAILABILITY
7, 10, 14 NIGHTS

ADVANCED
LONGEVITY

SHA MEXICO, CANCÚN, MEXICO
YEAR-ROUND AVAILABILITY
4, 7, 10, 14 NIGHTS

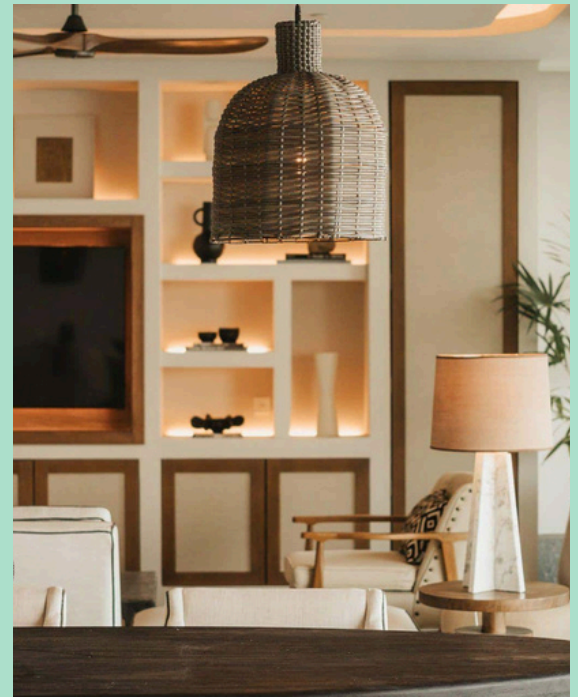
REBALANCE &
ENERGIZE



A HIGH-PERFORMANCE RESET ON THE RIVIERA MAYA.

LEADER'S PERFORMANCE

A precision-driven programme to optimise executive function, energy, focus, and stress resilience, designed for leaders ready to evolve from the inside out.



The **Leader's Performance** program is designed to optimize the physical, mental, and cognitive performance of individuals facing the challenges of high-demand positions. This holistic approach combines advanced Western medicine treatments, known for their precision and effectiveness, with ancient practices of Eastern medicine that promote the balance and resilience in the body.

The synergy between both approaches not only addresses the immediate demands of the body and mind but also enhances cognitive function, improving skills such as decision-making, memory, and focus. This program lays the foundation for sustainable health and optimal overall performance, ensuring sustained productivity and mental capacity even in the most demanding environments.



KEY EXPERIENCES:

Each itinerary is fully personalised based on your diagnostics, length of stay, and chosen programme.

Key elements of the experience may include:

- Medical: Comprehensive health checks, advanced diagnostic testing, Hypoxia, Leader's mindCare Session, Ozone Therapy, NAD Therapy Shot, WHOOP x SHA Membership, and more
- Nutrition: Tailored nutrition plans with continuous monitoring by SHA experts
- Holistic Therapies: Acupuncture, bioenergy assessment, osteopathy, infrared heat therapy
- Wellness Treatments: Eastern therapies such as Shiatsu, Nuat Boran, and Tibetan bowls sound therapy, aquatic therapy, cranio-cervical massage, Ice Bath.
- Mind & Body: Mindfulness Session
- Fitness: Functional fitness assessments, VO Max (Cardiopulmonary capacity assessment), Personal training, Boxing or Kickboxing, Cryotherapy

Guests also enjoy complimentary access to a wide range of group activities, expert talks, nature walks, and wellness workshops.

Add-on packs are also available: Cognitive Boost, Quit Smoking, Sleep Well, Health Optimization Check-up, Women's Health and Gut Health. Enquire directly for further details

ITINERARY

Your itinerary will be fully customised after your medical intake and diagnostics. You will receive a detailed plan upon arrival, adapted throughout your stay as required.

DETAILS & PRICING:

DATES:

4, 7, 10 or 14 nights / Year-Round

LOCATION:

SHA Mexico

Cancún, Mexico

PRICING:


- \$4,000 (4-night program)
- \$6,000 (7-night program)
- \$8,000 (10 night program)
- \$10,000 (14-night program)

Excludes accommodation; final quote depends on length of stay and room selected.



CONTACT US

hello@maison-you.com

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

www.maison-you.com

WELCOME HOME

