



MAI SON YOU

WELCOME TO

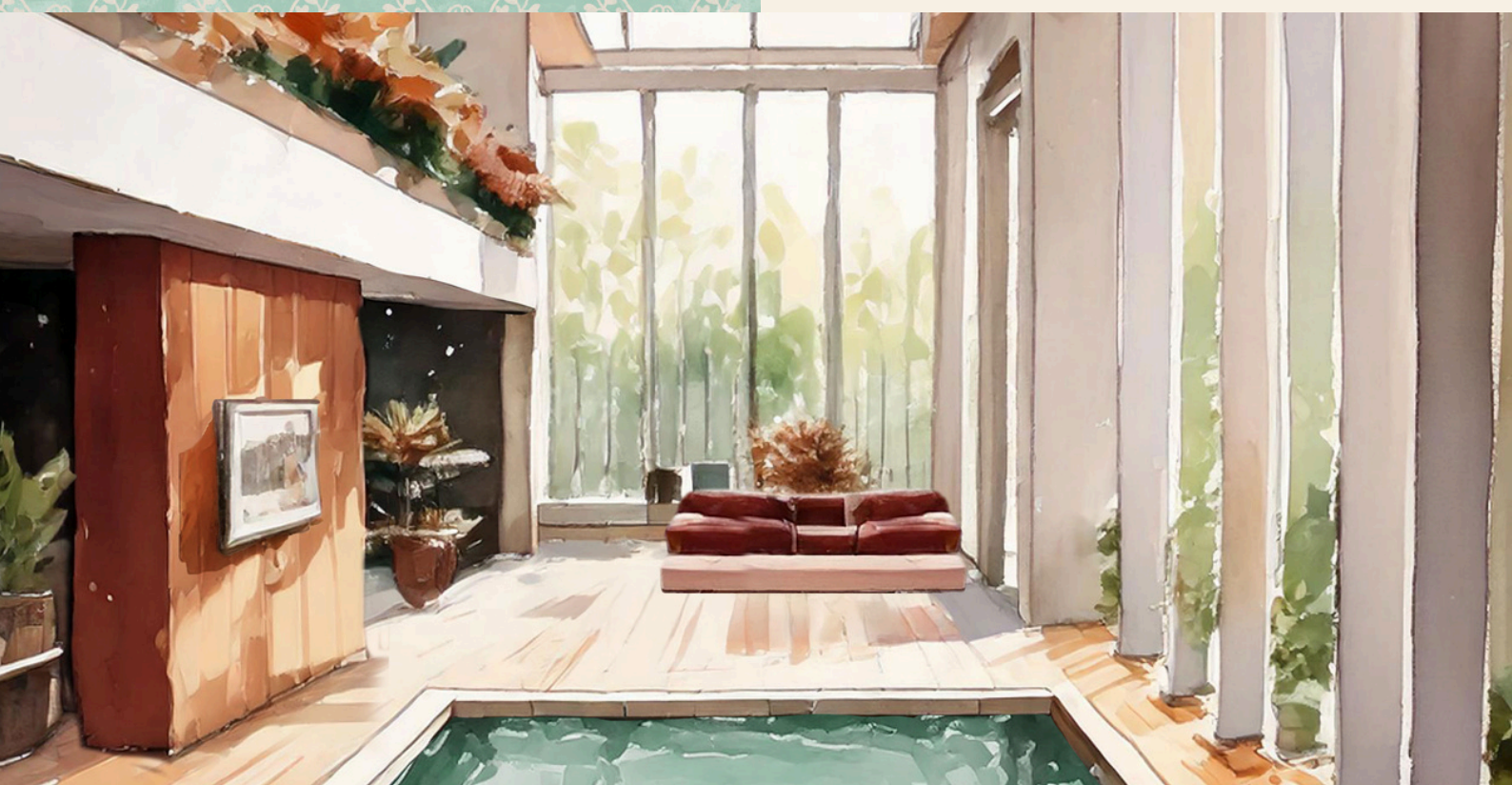
MAISON YOU

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.



AMANPURI

Set on a private peninsula overlooking the Andaman Sea, Amanpuri is the original Aman sanctuary, a peaceful hideaway devoted to wellbeing and quiet luxury. The Novak Djokovic Detoxification Programme is designed for those seeking renewal through an intelligent blend of science, spirituality, and simplicity.

With personal consultations, tailored movement, and targeted therapies, guests are invited to release toxicity, restore vitality, and reconnect with the self, all while immersed in the natural beauty and grace of Thailand's coastline.



SIGNATURE EXPERIENCES



3 NIGHTS / YEAR-ROUND
PHUKET, THAILAND

DETOXIFICATION PROGRAMME

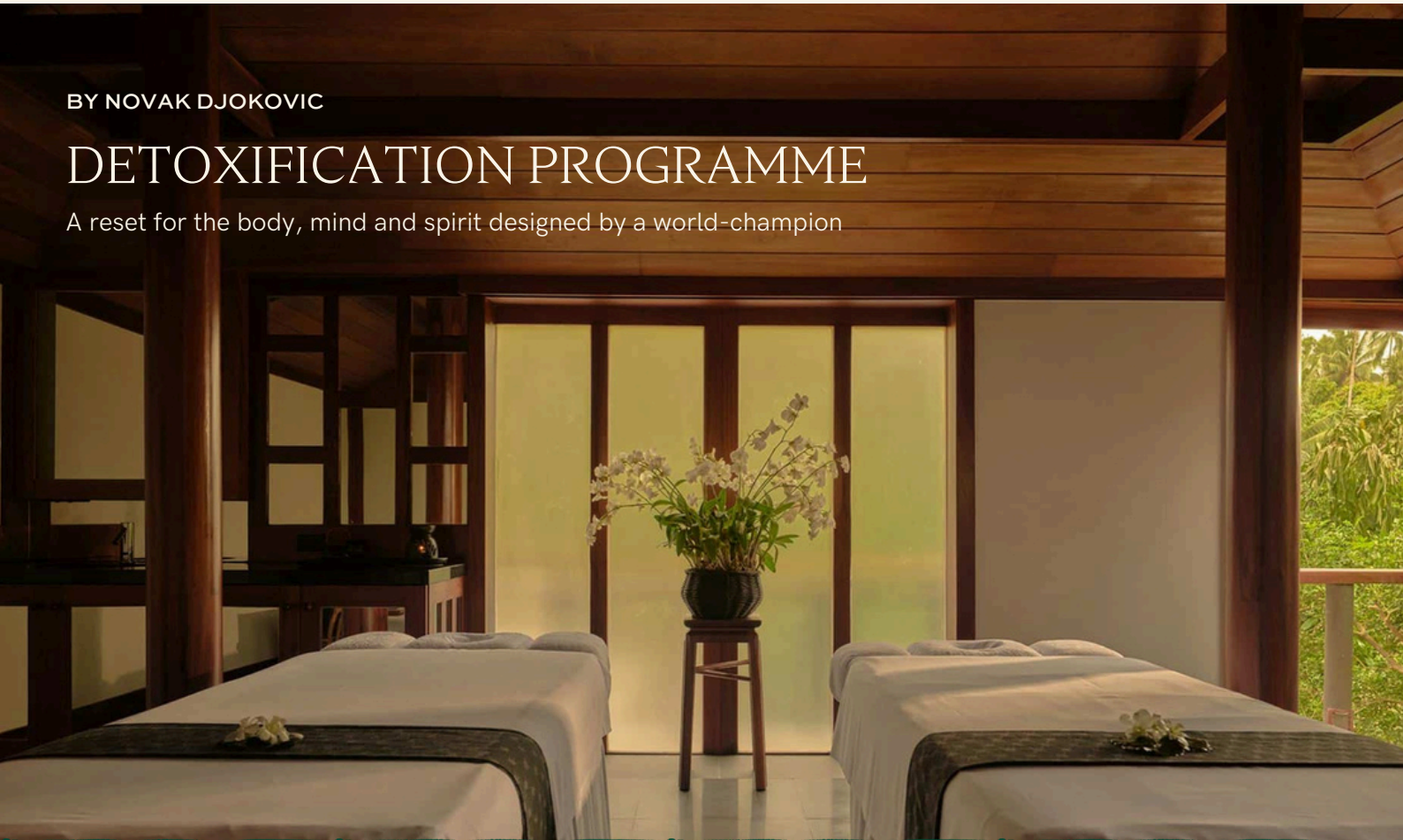
In 2024, Aman welcomed tennis legend, Novak Djokovic, as its first Global Wellness Advisor. Entering a multi-year partnership, he brings a wealth of expertise, both on and off the court, to the Aman guest experience, enhancing the brand's ever-evolving approach to health, fitness and wellbeing.



BY NOVAK DJOKOVIC

DETOXIFICATION PROGRAMME

A reset for the body, mind and spirit designed by a world-champion



Developed in collaboration with **tennis legend Novak Djokovic**, this programme merges elite-level recovery practices with ancient healing philosophies. Set in the serenity of Amanpuri's lush coastal estate, guests are guided through a curated detox journey that enhances energy, balances the nervous system, and promotes deep cellular renewal.

Surrounded by swaying coconut palms and the sounds of the Andaman Sea, the journey begins at Amanpuri with a three-day Detoxification Programme, offer a guided reset for body, mind and spirit. Here, on a private Phuket peninsula, the invitation to realign blends seamlessly with the resort's tranquil setting.



KEY EXPERIENCES:

- Local Signature Treatments such as Ancient Thai Nuad Pan Boran
- Physical Optimisation treatments such as the Banya Experience
- Mental Equilibrium practices such as Meditation
- Spiritual Illumination experiences such as Monk Blessing
- Mental Equilibrium practices such as Sound Healing

DETAILS & PRICING:

DATES:

From 3 days / Year-Round

LOCATION:

Amanpuri
Phuket, Thailand

PRICING:

On request

Includes retreat programme, diagnostics, therapies, and personalised wellness support. Subject to room category and personalisation.

MAISON YOU BENEFITS:

- Complimentary breakfast
- \$100 food & beverage credit per stay
- Priority upgrade at check-in*
- Early check-in/late check-out*

*Subject to availability (excluding speciality suites)



CURATED RETREATS FOR A BETTER YOU

SAMPLE ITINERARY

Please note, the outlined programme is a sample itinerary which can be tailored to individual needs and length of stay.

DAY 1 :

Ancient Thai Nuad Pan Boran (90 mins) - Local Signature Treatment

Experience the complete sequence of traditional Thai massage techniques practiced by Buddhist monks for over 2,500 years. Lying on a mat, your body will be expertly manipulated with a combination of intense stretches and deep pressure point techniques which increase mobility, relieve tension and restore the flow of energy throughout the body.

DAY 2:

Banya Experience (120 mins) - Physical Optimisation

Rooted in Eastern European culture, the Banya Experience includes time in a wood-clad sauna where oak or birch leaves, known as veniks, are used to massage, stimulate and exfoliate the skin. The sauna session is followed by guided hot/cold hydrotherapy to further detoxify.

Meditation Session - Mental Equilibrium

Mindfulness is the ability to be fully present, aware of where we are and what we are doing and not be distracted by the world around us. As an approach to training the mind, meditation help become more conscious of how thoughts and feelings move patterns. With practice, an inner balance develops and evolves.

Monk Blessing - Spiritual Illumination

During this monk blessing, a ceremony of prosperity is performed to bring good fortune, health and protection. The spiritual ceremony is believed to cleanse the mind and body, bestowing spiritual strength and inner peace.

DAY 3:

Sound Healing - Mental Equilibrium

Waves of sound wash over in this session of deep listening to vibrational singing bowls to promote relaxation, wellbeing and a euphoric sense of expansion.



A SHARED VISION

Aligning with Aman's wellness philosophy and the notion of longevity that rests at its heart, Djokovic's resilience and adaptability have allowed him to stay at the pinnacle of the sport for over a decade. With 24 Grand Slam titles, Djokovic's pursuit of excellence sets him apart as a true icon. Yet his trajectory extends far beyond tennis success with a commitment and dedication that has inspired countless athletes.

CONTACT US

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WELCOME HOME

