



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

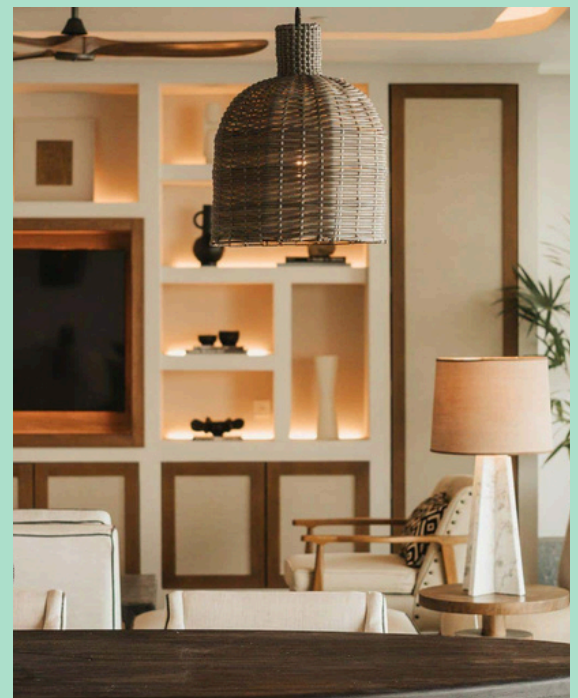
REBALANCE &
ENERGISE



A DEEP METABOLIC RESET ON THE RIVIERA MAYA

INTENSIVE DETOX & OPTIMAL WEIGHT

An intensive wellness programme focused on purification, weight optimisation, and long-term lifestyle transformation.



This program is designed to deliver tangible results in **detoxification and metabolic reactivation**. Through customized strategies, including an anti-inflammatory nutrition plan, effective and sustainable cleansing is promoted, revitalizing the metabolism and laying the foundation for achieving and maintaining optimal long-term health.

KEY GOALS

- Enhance your body's detox by combining healthy weight loss with deep cleansing for optimal wellbeing.
- Assess detox and metabolism markers while addressing any imbalances.
- Promote exercise to support ideal weight and natural detox.



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, Cortisol biorhythm test, Oxydative stress test, Cleanse Detox Serum, Dental Health Assessment, tailored Supplements, and more
- Nutrition: Tailored nutrition plans with continuous monitoring by SHA experts
- Holistic Therapies: Acupuncture, Colon hydrotherapy session
- Wellness Treatments: Underwater therapy, Hydroenergetic healing, Detox therapy, Pressotherapy, Slim & Fit body treatment, body draining session, Hydrotherapy circuit
- Fitness: Functional fitness assessments, Personal Training sessions, 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:

7, 10 or 14 nights / Year-Round

LOCATION:

SHA Mexico
Cancún, Mexico

PRICING:


- \$7,000 (7-night program)
- \$9,400 (10 night program)
- \$11,700 (14-night program)

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



CONTACT US

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WELCOME HOME

