



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 limitededition wellness and brand experiences

COMMUNITY FOCUS

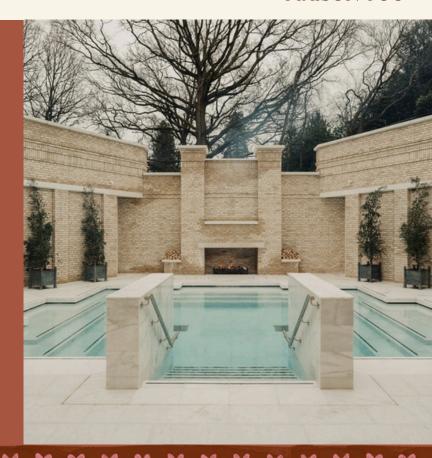
A trusted community of expert curators - from wellness coaches to healers an industry visionaries - handpicking meaningful experiences just for you.



ESTELLE MANOR

Estelle Manor is a grand country estate set in 85 acres of Oxfordshire parkland, offering a refined yet grounded wellness experience. At its heart lies Eynsham Baths, a 3,000m² Roman-inspired bathhouse designed for mindful, communal restoration. Guests embark on a 180-minute thermal journey through a series of hot and cold chambers, pools, and saunas, guided by ancient rituals and modern science. Treatments draw from Ayurvedic, Tibetan, and Chinese traditions, with bespoke botanical oils crafted in-house.

The philosophy centres on harmony with nature, connection, and holistic healing—reflected in everything from the serene woodland setting to the phone-free tea lounge and immersive, ritual-led approach to wellbeing.













This curated 48-hour experience at **Estelle Manor** invites you into a world of ritual-led restoration. Your journey begins with a bespoke treatment tailored to your needs, followed by access to the Eynsham Baths - an immersive thermal experience inspired by ancient Roman traditions.

After drifting through saunas, pools, and steam chambers, unwind over a nourishing, seasonal dinner. The next morning, awaken to a personal training session or energising padel class, before enjoying a wholesome breakfast designed to restore and refuel. Set within 85 acres of peaceful parkland, this is wellness in its most refined and elemental form.





KEY EXPERIENCES:

- Full access to the Roman-inspired Eynsham Bath House, including hot and cold plunges, tepidarium, saunas, and steam rooms
- A bespoke body treatment or signature massage, tailored with botanical oil blends
- Yoga, guided breathwork, and other mindfulness rituals woven into your stay
- A morning wellness activity of your choice personal training or a dynamic padel class
- Sound healing sessions in The Shala, led by expert Teena Lyle using chimes and singing bowls to calm mind and body
- Seasonal, wellness-focused dining, including a nourishing breakfast and refined dinner
- Time to explore countryside walks, heritage architecture, and the manor's 85 acres
- Optional access to The Hideaway, a private outdoor thermal retreat nestled in the woodland

DETAILS & PRICING:

DATES:

2 nights / Year-Round

LOCATION:

Estelle Manor

Oxfordshire, UK

PRICING:

Upon request.

Includes overnight accommodation, Eynsham Bath

Experience, and access to wellness facilities.

Type of room to be confirmed upon request.

YOUR MAISON YOU BENEFITS:

- Complimentary breakfast
- \$100 food & beverage credit per stay
- Priority upgrade at check-in (subject to availability)
- Early check-in / late check-out (subject to availability)







SAMPLE ITINERARY

Please note that every stay is tailored to your individual goals and preferences, ensuring a truly personalised experience

DAY 1

3:00 PM - Check in, herbal tea in the Tea Lounge and explore the woodland grounds.

4:00 PM - Bespoke spa treatment

5:30 PM - Thermal journey at Eynsham Baths: A

180-minute circuit of saunas, steam rooms,

tepidarium, and hot-cold plunges.

8:30 PM - Nourishing dinner

Overnight - Rest & reset

DAY 2

8:00 AM - PT session or padel to energise the day.

9:30 AM - Wholesome breakfast

12:00 PM - Thermal journey continues with light

lunch in the Tea Lounge.

3:00 PM - Second personalised treatment.

4:30 PM - Mindful woodland walk.

8:00 PM - Grounding Dinner

Overnight - Deep rest

DAY 3

8:30 AM - Group class in The Shala.

9:30 AM - Nourishing breakfast with local produce

12:00 PM - Check-out

CONTACT US

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WELCOME HOME



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