

The image is a vertical collage. At the top, a dark green wall features a rectangular opening showing a landscape painting. Below this is a horizontal band with a green and white striped pattern. The main section shows an outdoor dining table with a red and white checkered tablecloth, set with plates, bowls, and a centerpiece of flowers and fruit. To the right, a large, leafy tree stands next to a modern, minimalist building with large, flat, light-brown rectangular blocks. The text 'MAISON YOU' is centered in white serif font. At the bottom, another horizontal band with a green and white striped pattern is visible, followed by a patterned sofa with two matching cylindrical pillows. The entire composition is framed by dark green borders at the top and bottom, with small decorative elements on the sides.

MAISON 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.

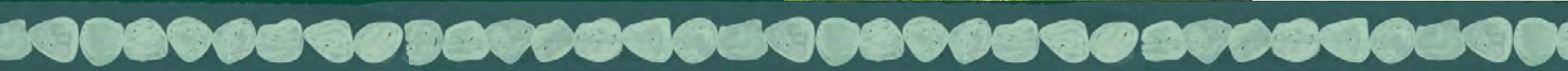


COMO SHAMBHALA

Set amidst the sacred jungle and flowing rivers of Ubud, COMO Shambhala Estate is one of Asia's most renowned holistic wellness destinations. More than a resort, it is a residential health retreat dedicated to long-term transformation through ancient wisdom and integrative practices.

The estate blends deeply rooted Eastern traditions with Western science through programmes designed for renewal, clarity and deep personal reset. Whether you're seeking to detox, restore hormonal balance, heal chronic fatigue, or realign your lifestyle, COMO offers personalised and immersive pathways to wellbeing.

Each programme is supported by a team of in-house experts, nutritionists, Ayurvedic doctors, yoga teachers and therapists offering a multi-dimensional approach to health in one of Bali's most sacred and tranquil locations.



SIGNATURE EXPERIENCES

COMO SHAMBHALA ESTATE, BALI, INDONESIA
25 NOVEMBER – 1 DECEMBER 2025 (7 NIGHTS) **WITH KIMBERLY ROSE**

TRADITIONAL EASTERN THERAPIES

COMO SHAMBHALA ESTATE, BALI, INDONESIA
YEAR-ROUND AVAILABILITY (5-10 NIGHTS)

INTEGRATED WELLNESS PATH

AN INTEGRATIVE RETREAT FOR HORMONAL BALANCE, EMOTIONAL HEALING,
AND EMBODIED VITALITY

COMO SHAMBHALA – TRADITIONAL EASTERN THERAPIES FOR WOMEN'S WELLNESS

A nurturing wellness journey rooted in ancient Eastern practices and
tailored for modern women's physical and emotional cycles.



Led by women's wellness expert Kimberly Rose Kneier, this seven-day programme at **COMO Shambhala Estate** invites participants into a holistic experience designed to restore hormonal harmony, ease emotional stress, and support reproductive and energetic health.

Drawing from Traditional Chinese Medicine, Ayurvedic practices, somatic techniques and breathwork, the retreat is both grounding and expansive, ideal for women navigating transitions, seeking reconnection with their cyclical nature, or healing from depletion. With daily practices, nourishing meals, and the sanctuary of Bali's lush jungle, the experience is a return to your centre, intuitive, resilient, and renewed.



KEY EXPERIENCES:

- Daily morning yoga and guided meditation with Kimberly Rose Kneier
- Traditional Eastern therapies and energy alignment
- Hormonal balance workshops and movement
- Water purification rituals and sound healing journeys
- Herbal baths, Jamu elixirs, and bespoke nutrition
- Free time for spa treatments, journaling, and forest immersion
- One-on-one wellness consultations and integrative support



DETAILS & PRICING:

DATES:

7 days / 25th Nov-1st Dec, 2025

LOCATION:

COMO Shambhala Estate,
Ubud, Bali, Indonesia

PRICING:

IDR 65,710,000

Includes accommodation, all scheduled retreat activities, wellness treatments, and meals.

MAISON YOU BENEFITS:

- Complimentary breakfast
- Priority upgrade at check-in (subject to availability)
- \$50 resort credit per stay for Rooms and Suites
- \$100 resort credit per stay for Residences and Villas



CURATED RETREATS FOR A BETTER YOU



SAMPLE ITINERARY

DAY 1 - ARRIVAL & OPENING CIRCLE

Afternoon check-in and welcome ceremony
Evening grounding practice and communal dinner

DAY 2 - EMBODIMENT & ENERGY

Morning yoga and breathwork
Traditional Balinese body therapy
Afternoon workshop: Feminine Energy Systems

DAY 3 - VITALITY & HORMONAL BALANCE

Sunrise forest walk and mindfulness meditation
Nutrition for women's health session
Watsu therapy or herbal bathing ritual

DAY 4 - DETOXIFICATION & REJUVENATION

Abdominal massage or energy clearing
Detoxifying lunch and herbal tonic tasting
Sound healing and stillness practice

DAY 5 - CREATIVITY & FLOW

Movement for emotional release
Journaling workshop: Listening Within
Free afternoon for spa or solitude

DAY 6 - INTEGRATION & RITUAL

Balinese purification ceremony (Melukat)
Closing circle with cacao and intention setting
Celebratory farewell dinner

DAY 7 - DEPARTURE

Early morning silent meditation
Optional private session
Check-out and transfers

CONTACT US

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www.maison-you.com

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WELCOME HOME

