



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.

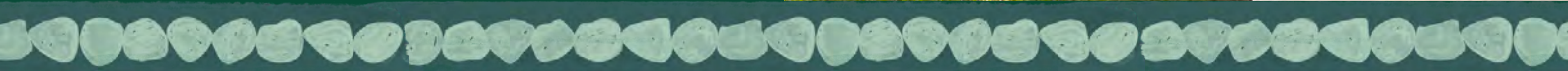


COMO SHAMBHALA

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
7 NIGHTS / 25 NOVEMBER – 1 DECEMBER 2025 **WITH KIMBERLY ROSE**

TRADITIONAL EASTERN THERAPIES

COMO SHAMBHALA ESTATE, BALI, INDONESIA
5-10 NIGHTS / YEAR-ROUND

INTEGRATED WELLNESS PATH

A FULLY TAILORED RETREAT COMBINING NUTRITION, MOVEMENT, DIAGNOSTICS AND HEALING THERAPIES IN THE HEART OF BALI.

INTEGRATED WELLNESS PATH – COMO SHAMBHALA ESTATE

A personalised journey of balance, vitality and renewal.



The **Integrated Wellness Path** is COMO Shambhala Estate's signature retreat, ideal for those seeking a deep, customised approach to wellbeing. Each journey begins with a full wellness consultation to assess your current health and goals.

A bespoke daily programme is then created, blending movement sessions, targeted spa treatments, diagnostic testing, nutritional guidance and healing therapies. Guests leave with a profound sense of balance and a personalised plan for sustaining wellbeing beyond their stay.



KEY EXPERIENCES:

- Initial consultation and wellness diagnostics
- Daily yoga, Pilates and/or functional fitness sessions
- Bespoke nutritional programme and personalised menus
- Targeted spa therapies, hydrotherapy and bodywork
- Mindfulness practices and guided meditation
- Optional support from naturopaths, Ayurvedic doctors and physiotherapists
- Full access to COMO Shambhala Estate's wellness facilities



DETAILS & PRICING:

AVAILABLE:

5-10 nights / Year-Round

LOCATION:

COMO Shambhala Estate
Bali, Indonesia

PRICING:

From IDR 84,504,775

Price includes accommodation and the full Integrated Wellness Path programme.

YOUR MAISON YOU BENEFITS:

- Priority booking assistance
- Exclusive amenity upon arrival
- Access to best available rates



CURATED RETREATS FOR A BETTER YOU



SAMPLE ITINERARY

Your itinerary will be fully customised to your personal health goals. You will receive your daily schedule upon arrival and it will be refined throughout your stay by the COMO wellness team.

CONTACT US

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



www.maison-you.com

WELCOME HOME

