



# 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

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Guaranteed best rates at selected retreats worldwide, with upgrades, retreat credits, discounts and special experiences like spa treatments and personalized consultations.

### EXCLUSIVE EXPERIENCES

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Priority access to new or limited-edition wellness and brand experiences

### COMMUNITY FOCUS

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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.





# EUPHORIA

Nestled in the mythical Peloponnese, Euphoria Retreat is Greece's most acclaimed wellness destination.

Designed as a sanctuary for transformation, it fuses cutting-edge diagnostics and science-backed therapies with ancient Greek and Chinese healing philosophies.

Surrounded by mountains and forests, Euphoria Retreat offers a holistic environment that nourishes both inner and outer balance. Its award-winning programmes are renowned for their depth and care, guiding guests through meaningful lifestyle change and lasting vitality.



EUPHORIA RETREAT, GREECE  
7-21 DAYS / YEAR-ROUND

FEMALE HEALTH

EUPHORIA RETREAT, GREECE  
7, 10 OR 14 DAYS / YEAR-ROUND

OPTIMAL SLEEP

EUPHORIA RETREAT, GREECE  
5 OR 7 DAYS / YEAR-ROUND

EMOTIONAL  
HARMONY

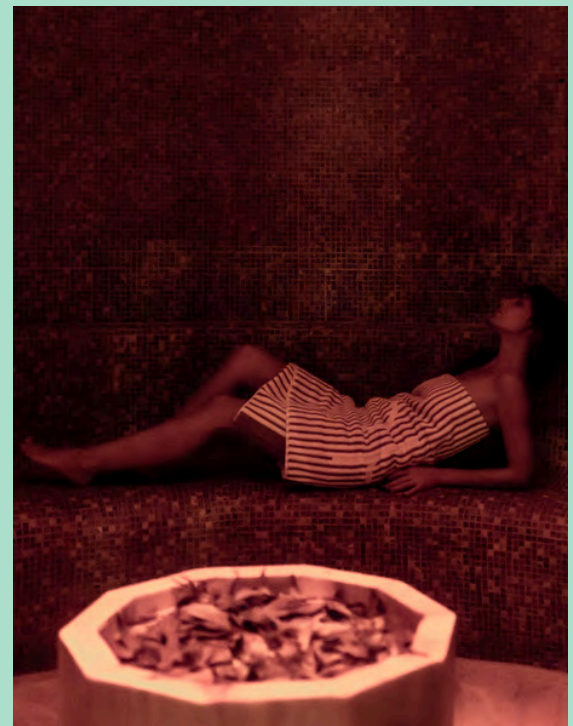




A SIGNATURE HOLISTIC PROGRAMME

# EMOTIONAL HARMONY

Reflect, Reconnect, Process, Purify.



The **Emotional Harmony** programme will reconnect you with your true self and open your heart to new ways and fresh possibilities. The goal is to help you process trapped emotions and teach you how to release them, leaving you at a place where you feel grateful for your life and re-inspired for your future.

This signature holistic programme, designed by leading specialists incorporates meditations, Thai yoga massage and a private flotation session and deep chakra work to help you steady and stabilise negativity and come to a place of greater inner knowing and harmony.





## KEY EXPERIENCES:

- Initial medical & holistic consultation
- Massage and watsu treatments
- Tailored nutritional plan and daily nourishing meals
- Chakra sound healing
- Emotional wellbeing sessions and mindfulness practices
- Access to daily movement classes and Euphoria Retreat's wellness facilities

## DETAILS & PRICING:

### DATES:

5 or 7 days / Year-Round

### LOCATION:

Euphoria Retreat  
Mystras, Greece

### PRICING:

Cost of Programme:

From €2,000 - includes all daily treatments, per person.

Cost of Accommodation:

From €1,060 - based on 4 nights in Classic Room, single occupancy.

Excludes meals.

### YOUR MAISON YOU BENEFITS:

- \$100 hotel credit per stay
- Priority upgrade at check-in\*
- Early check in/late check out\*

\*subject to availability



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## SAMPLE ITINERARY

During your 5 day stay your treatment plan will include all of the following:

- Medical & Holistic Consultation
- Euphoria Wellness Consultation with Biofeedback Profiling
- Euphoria Wellness Consultation with Biofeedback Profiling
- Euphoria Wellness Feedback
- Euphoria Methodos Follow-Up (online workshop)
- 5 Element Lecture
- Respiratory Equilibrium (Resting test by PNOE)
- 5 Element Balancing Treatment
- Neuro-Fascia Release Massage
- Watsu
- Emotional Transformation
- Release of Trapped Emotions
- Euphoria Chakra Sound Healing
- Sanctuary for the Busy Minds
- Group Mind Detox or Meditation
- Salt Room
- Private Floatation Session
- Medical & Homeopathic Consultation

Guests staying for 7 days will also receive the following additional treatments:

- Acupuncture or Colorpuncture
- Bio-Hormonal Modulator
- Pranic Healing or Psychosomatic Awareness
- Psychosomatic Awareness

## CONTACT US

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WELCOME HOME

