



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.

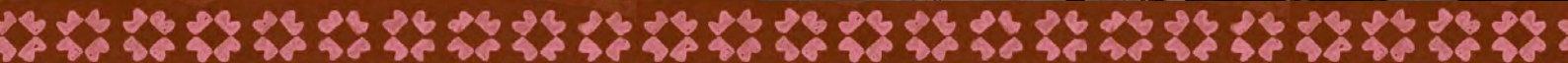


EUPHORIA

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

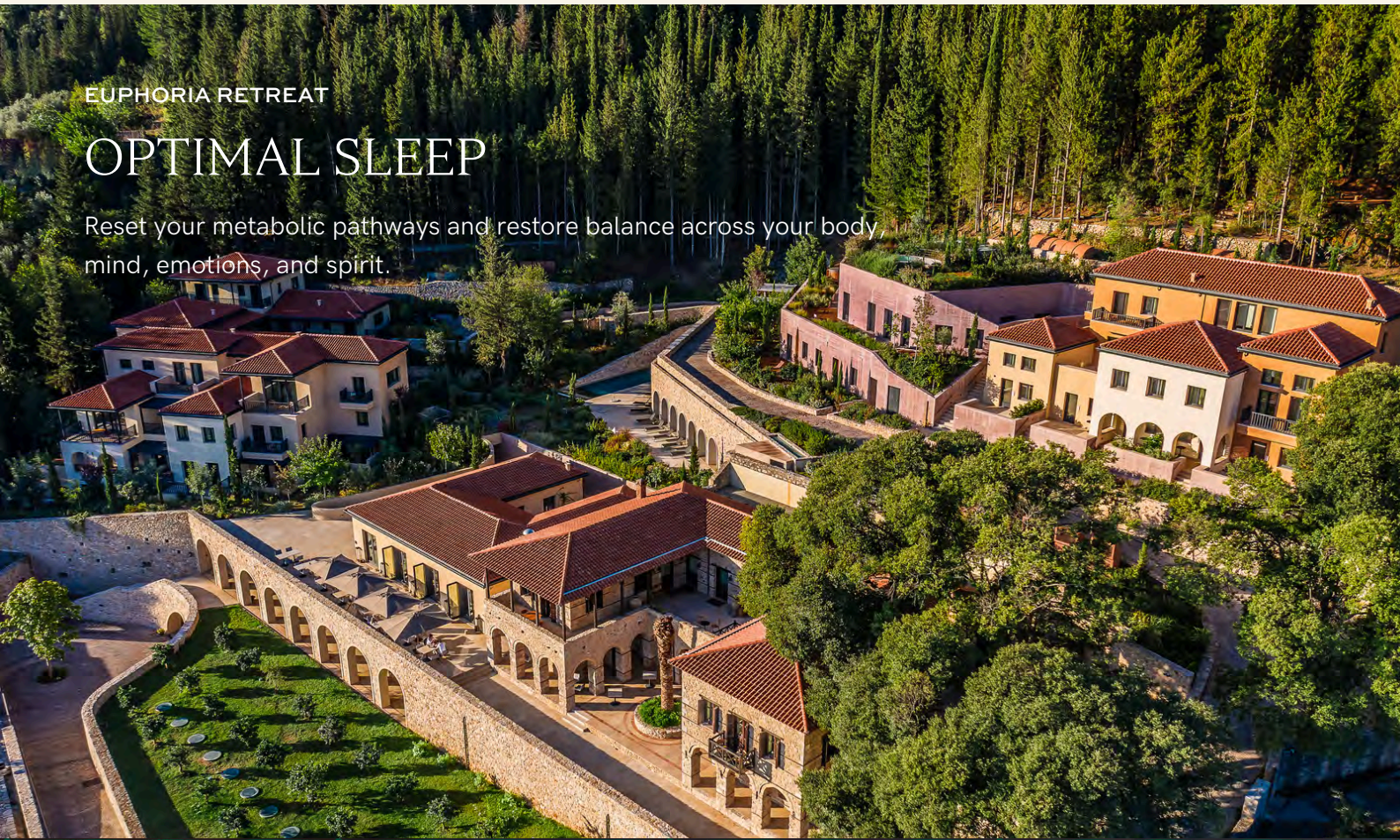
EMOTIONAL
HARMONY



EUPHORIA RETREAT

OPTIMAL SLEEP

Reset your metabolic pathways and restore balance across your body, mind, emotions, and spirit.



The **Optimal Sleep** programme is designed to diagnose and address the causes of your sleep disturbances, providing effective solutions to restore your body's natural sleep rhythm.

Through a combination of sleep assessments and personalized therapeutic interventions, this signature medical programme will uncover the root causes of your insomnia and work to eliminate them.



KEY EXPERIENCES:

- Initial medical consultation and advanced diagnostics
- Tailored nutritional plan and daily nourishing meals
- Acupuncture, Chinese Medicine and targeted supplementation
- Therapeutic spa treatments and bodywork
- Emotional wellbeing sessions and mindfulness practices
- Access to daily movement classes and Euphoria Retreat's wellness facilities

DETAILS & PRICING:

DATES:

7, 10 or 14 days / Year-Round

LOCATION:

Euphoria Retreat
Mystras, Greece

PRICING:

Cost of Programme:

From €11,235 - includes all daily treatments & meals, per person.

Cost of Accommodation:

From €1,590 - based on 6 nights in Classic Room, single occupancy.

YOUR MAISON YOU BENEFITS

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

*subject to availability



CURATED RETREATS FOR A BETTER YOU



SAMPLE ITINERARY

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

- Pre-Arrival Medical Team Online Consultation
- Treatment: Euphoria Wellness Consultation
- Euphoria Wellness Consultation
- Medical & Holistic Consultation with biofeedback profiling
- Nutritional Guidance
- Scientific Personalised Food Therapy
- IMON Nutritional Team Online Follow-Up
- IMON Team Medical Consultation Online
- Emotional Aspects of Health and Longevity (group workshop)
- Follow-up Medical Consultation
- Follow-Up Nutritional Guidance Session
- 5 Element Lecture
- Euphoria Wellness Feedback
- 2 month Follow-up Medical Consultation on personalised internet platform
- 3 month access to IMON platform
- Euphoria Methodos Follow-Up (online workshop)
- Euphoria Advanced Diagnostic Kit - Holistic Longevity
- Euphoria Advanced Diagnostic Kit - Optimal Sleep
- Blood Test
- Body Bio-Impedance Analysis
- OG Scan/ Heavy Metal and Mineral Analysis
- AGE Reader (A.G.E.S.)
- ECG
- 3GL Analysis
- Respiratory Equilibrium (Resting test by PNOE)
- Ergo Physiological scanning (Active Test by PNOE)
- 3GL Assessment
- Follow-Up Respiratory Equilibrium (Resting test by PNOE)
- Glutathione Test (pre-departure)
- Acupuncture or Colorpuncture
- Acupuncture with Energy Work
- Bio-Hormonal Modulator
- Human Regenerator
- NanoVi (Treatment)
- Phototherapeutic Revitalization (Red Light / Far Infrared)
- Precision IV supervised by IMON team (Intravenous Treatment)
- Emotional Transformation
- Private Meditation Session
- Sanctuary for the Busy Minds
- Euphoria Chakra Sound Healing
- Rejuvenance
- 5 Element Balancing Treatment
- Reflexology
- Head and Neck Massage
- Watsu
- Quartz Power Nap (back massage)
- Personal Training Session (Fitness)
- Personal Training Session (Pilates Reformer or Yoga)
- Personal Training Session (Reformer Pilates)
- Private Floatation Session
- Salt Room
- Daily personalized Biofunctional Smoothy & Snack
- Daily personalized nutritional plan (3 meals)

Guests staying for 10 or 14 days will also receive the following additional treatments:

- Lymphatic Drainage
- Follow-Up Blood Test

CONTACT US

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

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WELCOME HOME

