



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.



HAMPSHIRE, UK

HECKFIELD PLACE

Heckfield Place is a Georgian manor reimagined as one of the UK's most progressive wellness destinations. Set within 438 acres of biodynamically cared for farmland, ancient woodland and lakes in Hampshire, it offers a deeply personal, slow-living escape rooted in regenerative philosophy and nature's rhythms. At its core is The Bothy by Wildsmith, a therapeutic, digital-free wellness space that redefines holistic healing.

Heckfield goes far beyond traditional spa experiences. Wellness here is expert-led and deeply individualised, with a team of leading practitioners and therapists including naturopaths, craniosacral therapists, acupuncturists, reiki masters, movement specialists, and eco-psychologists. Each treatment and practice is grounded in both modern science and ancient healing—thoughtfully curated to support long-term vitality, resilience and reconnection.



SIGNATURE EXPERIENCES

MINIMUM 3 NIGHTS / YEAR-ROUND
BESPOKE PATHS

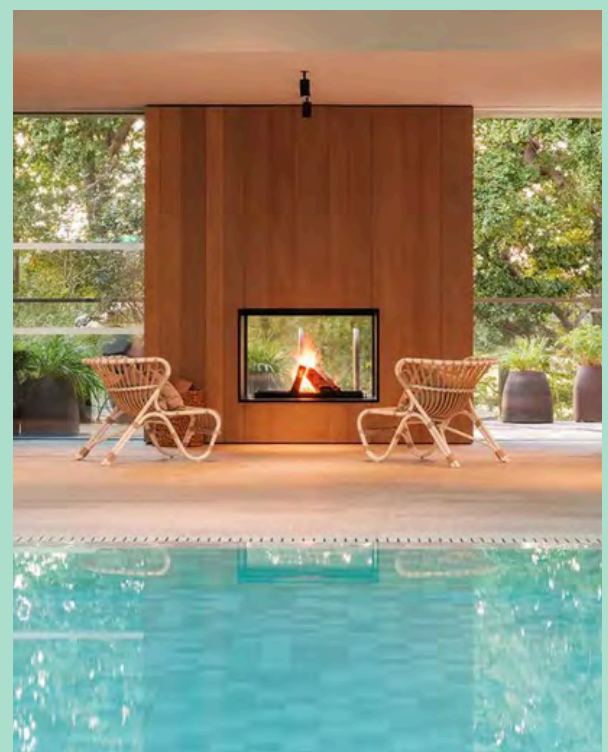
2 NIGHTS / YEAR-ROUND
THE HECKFIELD RESET



A CURATED PATH FOR INTROSPECTION, NATURE, AND PURPOSEFUL TRANSFORMATION

BESPOKE PATHS – HECKFIELD PLACE

A luxurious countryside retreat designed to reconnect you with yourself and the land through personal guidance, nature immersion, and biodynamic nourishment. Intimate, reflective, and deeply grounding.



Bespoke Paths at Heckfield Place are immersive, highly personalised wellness journeys designed to restore balance, vitality, and clarity. Curated in collaboration with the estate's Wellbeing Curator and leading practitioners, each path begins with a pre-arrival consultation and unfolds over several days, adapting in real time to your evolving needs.

Treatments may include naturopathy, craniosacral therapy, reiki, acupuncture, movement sessions, forest bathing, breathwork and more - crafted to align with your physical, emotional, and energetic goals. Set within the secluded Bothy by Wildsmith, these paths offer a rare opportunity to step away from routine and reconnect with your natural rhythm in one of the UK's most considered wellness environments.



KEY EXPERIENCES:

- Pre-arrival consultation with a Wellbeing Curator and Nature Psychologist
- 4-5 hours of daily personalised therapies ranging from naturopathy, craniosacral, acupuncture, reiki, massage and more
- Movement sessions tailored to your body: Pilates, strength, breath-led practice
- Nature immersion: forest bathing, mindful walks, lakeside reflection
- Access to The Bothy's Waters: hydrotherapy pool, herbal steam, sauna, cold contrast
- Wildsmith facials and skin therapies using estate-grown botanicals
- Eco-psychology, breathwork, and mindfulness rituals
- Seasonal, nutrient-rich meals aligned with your wellness goals
- Daily curator check-ins and ongoing programme refinement
- Final integration session with personalised take-home guidance

DETAILS & PRICING:

DATES:

By Request, Year-Round

LOCATION:

Heckfield Place
Hampshire, UK

PRICING:

Upon Request.

Includes 3-night accommodation, programme curation and therapies, and nutrient-rich meals made using biodynamic ingredients grown at Heckfield

YOUR MAISON YOU BENEFITS:

- £100 food & beverage credit per stay
- Priority upgrade at check-in*
- Early check in/late check out*

*subject to availability



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SAMPLE ITINERARY

While each Bespoke Path is tailored to the guest, a typical day may include:

DAY 1 - ARRIVAL & INTENTION

- 3:00 PM - Arrival and check-in
- 4:00 PM - Welcome tea and estate walk
- 5:00 PM - Initial consultation with Wellbeing Curator
- 7:00 PM - Seasonal dinner at Marle
- 9:00 PM - Restorative herbal steam, evening unwind

DAY 2 - GROUND & RECONNECT

- 7:30 AM - Breath-led movement or lakeside walk
- 8:30 AM - Nourishing breakfast
- 10:00 AM - Craniosacral therapy
- 12:30 PM - Lunch in the Glass House
- 2:00 PM - Forest bathing or nature immersion
- 4:00 PM - Wildsmith facial or myofascial release
- 7:00 PM - Plant-rich dinner and quiet reflection

DAY 3 - STRENGTHEN & RELEASE

- 7:00 AM - Pilates or strength-based movement
- 8:30 AM - Breakfast
- 10:00 AM - Acupuncture or reiki
- 12:00 PM - Free time in The Bothy Waters (pool, steam, cold plunge)
- 2:00 PM - Eco-psychology session/ guided journaling
- 6:30 PM - Seasonal dinner

DAY 4 - INTEGRATE & DEPART

- 7:30 AM - Morning walk or movement
- 8:30 AM - Breakfast
- 10:00 AM - Closing consultation and take-home guidance
- 11:30 AM - Check-out and departure

CONTACT US

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



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-WELCOME HOME-

