



# 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.





## MANNA

Hidden within the fir forests of Arcadia, MANNA is a restored sanatorium turned soulful luxury hideaway. Drawing from the purity of its mountain setting and the tranquillity of its 1920s heritage, the retreat invites you to slow down and remember the wisdom of stillness.

Originally built in 1929 as a sanatorium for patients seeking rest and recovery in nature, today, MANNA is more than a hotel, it's a place of quiet transformation. With interiors crafted from local stone, wood, and marble, and a philosophy rooted in slow living, the space offers an atmosphere of serenity that encourages deep rest and reconnection. Whether wandering its forest trails, sipping herbal infusions, or surrendering to silence, guests are invited to experience presence not as a luxury, but as a way home to themselves.



### SIGNATURE EXPERIENCES



MANNA, GREECE  
2 DAY / YEAR-ROUND

SLEEP SERENITY RITUAL

MANNA, GREECE  
YEAR-ROUND

RHYTHM OF ARCADIA





A SLOW-LIVING RITUAL TO RESTORE CIRCADIAN RHYTHM, RELEASE NERVOUS SYSTEM TENSION, AND INVITE DEEP REST THROUGH SENSORY HEALING.

## HYPNOS SLEEP SERENITY RITUAL



Rooted in ancient Greek healing philosophy, the **Hypnos Sleep Serenity Ritual** is designed to realign the body's natural sleep cycle through deeply sensory, nervous system-calming treatments. Combining light movement, scent therapy, herbal infusions and therapeutic bodywork, the experience is a holistic sleep reset for those suffering from burnout, insomnia, or anxiety-related exhaustion.

Set within one of Europe's most biodiverse landscapes, this retreat offers a sanctuary of silence, nature and renewal. A perfect pause for those longing to rest in rhythm with the earth again.

Courtesy of Design Hotels™





## KEY EXPERIENCES:

- MANNA scent ceremony (pre-treatment ritual)
- Hypnos Sleep Massage (sleep-focused body therapy)
- Dream Tea ceremony (post-treatment ritual)
- Restorative forest walk
- Sleep-enhancing aromatherapy in room
- Exceptional cuisine curated by award winning chef Athinagoras Kostakos.

## DETAILS & PRICING:

### DATES:

2 days / Year-Round

### LOCATION:

MANNA Hotel  
Magoulia, Greece

### PRICING:

Cost of Programme:

From €440 per person - includes all treatments.

Cost of Accommodation:

From €300 - based on 1 night in a Forest Room.

### YOUR MAISON YOU BENEFITS:

- Welcome Scent Ceremony
- Room upgrade upon availability
- Priority early check-in / late check-out
- Farewell Tea Ceremony





## ITINERARY

### DAY 1:

- M-Anna-Mother Cocooning Massage & Wrap
  - Evergreen Cryo & Warming Facial
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### DAY 2:

- Aromatherapy Mountain Massage with Percussive Therapy

Option to add additional treatments, experiences and extension to stay.

## CONTACT US

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@\_maisonyou\_ 

WELCOME HOME

