



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.



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



RHYTHM OF ARCADIA

WHERE TIME STOPS, THE BODY IS REJUVENATED, THE MIND IS EMPTIED, AND THE EYES ARE FILLED WITH NATURE



From horse-riding, truffle hunting and trekking in the natural splendour of Mainalo Forest to culinary and cultural experience in Arcadiani, **MANNA** invites you to be immersed in local experiences.



Led by experienced local guides, get to know Authentic Greece by visiting traditional stone-built villages, Byzantine monasteries built on the cliff overlooking the Lousios River and important archaeological sites, such as Ancient Olympia and the Temple of Epicurious Apollo.



KEY EXPERIENCES:

Personalise your stay at MANNA by curating your own itinerary to include any of the following:

- Truffle hunting experience, in the virgin forest with Lagotto dogs and a certified guide.
- Visit the ancient Byzantine Bhutan like monasteries which hang at the edge of the cliff, overlooking the gorge. Or enjoy swimming at the river banks in Ancient Gortyna under a 10th century old bridge.
- Yoga and fitness sessions (private and in groups).
- Harvesting of vegetables, Greek cooking lessons and bread kneading in stone stoves at Atkadiani Farm
- Trekking in the Menalon Trail, Greece's first certified trekking route of 75 klm passing through traditional pebble stone villages.
- Guided horse-riding excursion in Mainalo Forest

Additional highlights include:

- Exceptional cuisine curated by award winning chef Athinagoras Kostakos.
- Indulge in a menu of rituals at the MANNA Wellness Suites which includes a sauna, hammam and 'cave' pool.

DETAILS & PRICING:

DATES:

Year-Round

LOCATION:

MANNA Hotel
Magoulia, Greece

PRICING:

Cost of Experience:

From €35-130 per person - depending on experience

Cost of Accommodation:

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

YOUR MAISON YOU BENEFITS:

- The Manna Welcome Potion
- Wellness treatment welcome Scent Ceremony & Farewell Tea Ceremony
- Room upgrade upon availability
- Priority early check-in / late check-out



WELCOME HOME

