



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.



ARO HĀ WELLNESS RETREAT

Nestled in the Southern Alps, Aro Ha is just 45 minutes from Queenstown, New Zealand. Offering evidence-based wellness intensives that transform your state of wellbeing. Here the best of longevity research guides our bodies, and insight traditions guide our hearts. This is a place to thrive together.



SIGNATURE EXPERIENCES



ARO HĀ

Glenorchy, New Zealand
6 or 7 days / Year-Round

REVIVE & THRIVE



ANYTIME IS A GOOD TIME TO RETREAT YOURSELF.

REVIVE & THRIVE RETREAT

Combining research-based best-practices into a life-shifting experience.



Aro Hā has taken a look at every aspect of their multi-award-winning programme and optimised it for our new world. From hygiene to contrast hydro-therapy, from their menu to their movement sessions, here the latest research is infused into their practices.

You'll deepen your breath, nourish your immune system, calm the nervous system, and remember what it's like to delight in the rising sun. Transformation happens quickly here. Our days will harness the power of nature, nutrition, mindfulness, yoga, functional movement, and other research-based best practices. All ages, abilities, and fitness levels are welcome.



KEY EXPERIENCES:

- Daily contrast hydrotherapy, including thermal immersion and saunas
- Functional movement sessions: yoga, hiking, pilates, breathwork
- Nourishing plant-based menus designed for vitality
- Daily therapeutic massage tailored by expert therapists
- Nature immersion, guided walks in alpine landscapes
- Educational workshops on nutrition, self-care, stress management, and functional fitness
- Real-time health tracking via Oura Ring & Continuous Glucose Monitor (CGM)

DETAILS & PRICING:

DATES:

6 or 7 days / Year-Round

Sunday to Friday or Sunday to Saturday

LOCATION:

Aro Hā

Glenorchy, New Zealand

PRICING:

From \$6,950 NZD - based on 5 nights in an eco single room

From \$7,950 NZD - based on 6 nights in an eco single room

Includes: accommodation, all meals, daily workshops, movement sessions, hydrotherapy, massage, and wellness assessments.



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SAMPLE ITINERARY

A typical day at Aro Hā will include the following activities:

- Sunrise Flow Yoga
- Energising Breakfast
- Sub Alpine Hike
- Nutrient Dense Lunch
- Rejuvenation & Spa Time
- Therapeutic Massage
- Functional Training
- Nutrition Demo
- Restorative Yoga
- Mindfulness Practice
- Dinner
- Write to Ignite or Spa Time

CONTACT US

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The journey inward is the greatest adventure of all

WELCOME HOME

