



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.



AMAN NAI LERT BANGKOK

Nestled within Bangkok's historic Nai Lert Park, Aman Nai Lert Bangkok is Aman's first urban sanctuary in Thailand. A rare retreat in the heart of the city, it blends serene green landscapes with Aman's signature design, wellness philosophy, and discreet service.

Guests discover an oasis where cultural heritage and holistic wellbeing come together, offering both retreat and connection.



SIGNATURE EXPERIENCE

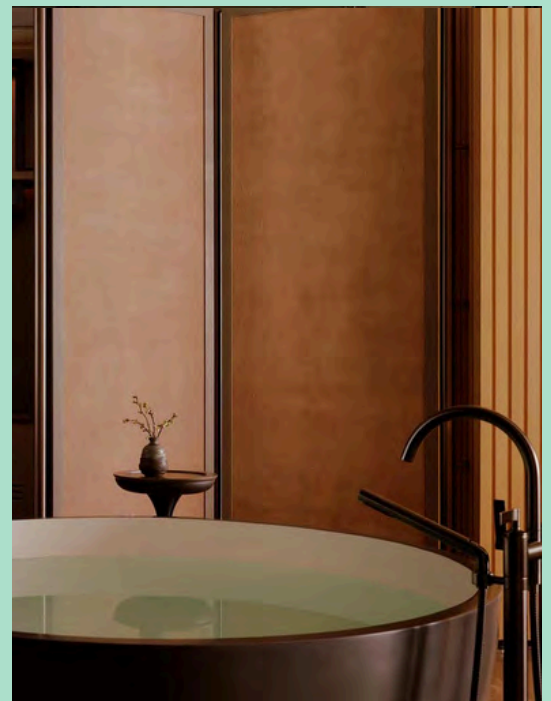
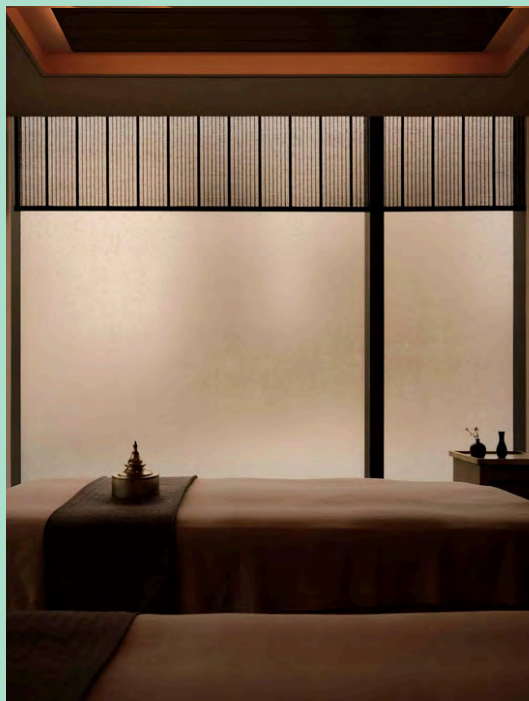
BANYA SPA JOURNEY WITH
FLOWER MEDITATION

1 DAY / YEAR-ROUND
NAI LERT PARK, BANGKOK, THAILAND



BANYA SPA JOURNEY WITH FLOWER MEDITATION

Treating the whole – mind, body and spirit – by combining
ancient healing modalities and the finest modern therapies



In the lush sanctuary of Nai Lert Park, Aman Nai Lert Bangkok introduces an exclusive **Banya Spa Journey with Flower Meditation**. Inspired by Eastern European sauna traditions and enriched with Aman's holistic philosophy, this private day experience restores balance, vitality, and inner calm.

You will experience Flower Meditation through the calming creation of Thai garlands or lotus leaf folding, an active form of mindfulness rooted in Thai culture. After crafting, walk through serene Nai Lert Park to offer your flowers at a spirit house, deepening your sense of spiritual connection.



KEY EXPERIENCES:

- Includes use of all Banya Spa House facilities: sauna, steam room, hot and cold plunge pool, experiential showers and wellness lounge.
- Includes breakfast and wellness meal during your treatment experience.
- Close access to the tranquil Nai Lert Park surroundings

DETAILS & PRICING:

DATES:

1 day / Year-Round

LOCATION:

Aman Nai Lert Bangkok
Bangkok, Thailand

PRICING:

Cost of Programme:

- Banya Spa House Full-Day Journey with Flower Meditation: 38,000 THB per person

Cost of Accommodation:

- From 47,000 THB per night - Deluxe Suite, Single Occupancy

YOUR MAISON YOU BENEFITS:

- Complimentary breakfast
- Priority upgrade at check-in*
- \$100 food & beverage credit or spa credit per stay
- In-room refreshments, including alcoholic beverages, complimentary pressing and shoeshine service
- Early check in/late check out*

*subject to availability





SAMPLE ITINERARY

Your curated day experience will include the following with an option to add additional treatments, experiences and extension to stay.

- Banya venik treatment
- Full body exfoliation with Vichy shower
- 90-minute body massage
- 60-minute facial treatment
- 60-minute Flower Meditation
- Wellness meal

CONTACT US

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The journey inward is the greatest adventure of all

WELCOME HOME

