



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.

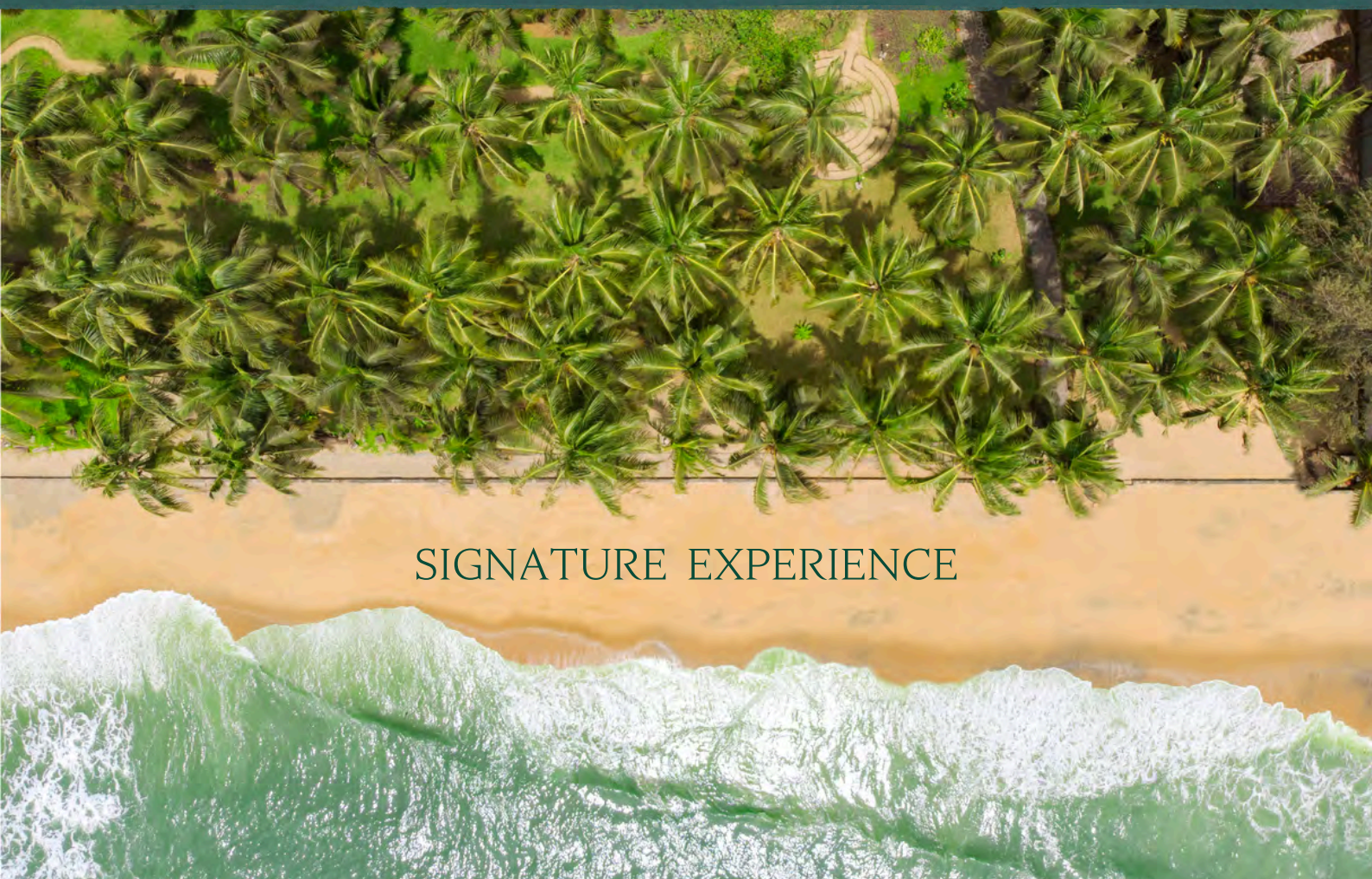
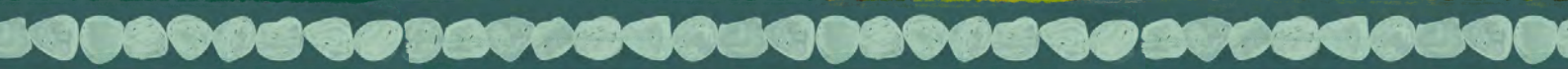


SITARAM

Sitaram Beach Retreat is a centuries-rooted sanctuary on Kerala's Arabian coastline, where the healing traditions of Ayurveda meld with the rhythms of sea and sand. With over 100 years of legacy,

Sitaram is more than a wellness centre, it is also an NABH-accredited hospital, combining clinical integrity with nature's restorative power.

Here, architecture uses natural materials, ventilation, and open sky showers to bring your surroundings into harmony with your inner world. The soothing sounds of waves and the embrace of pure nature form the backdrop for your journey of detoxification, rejuvenation, and reconnection.

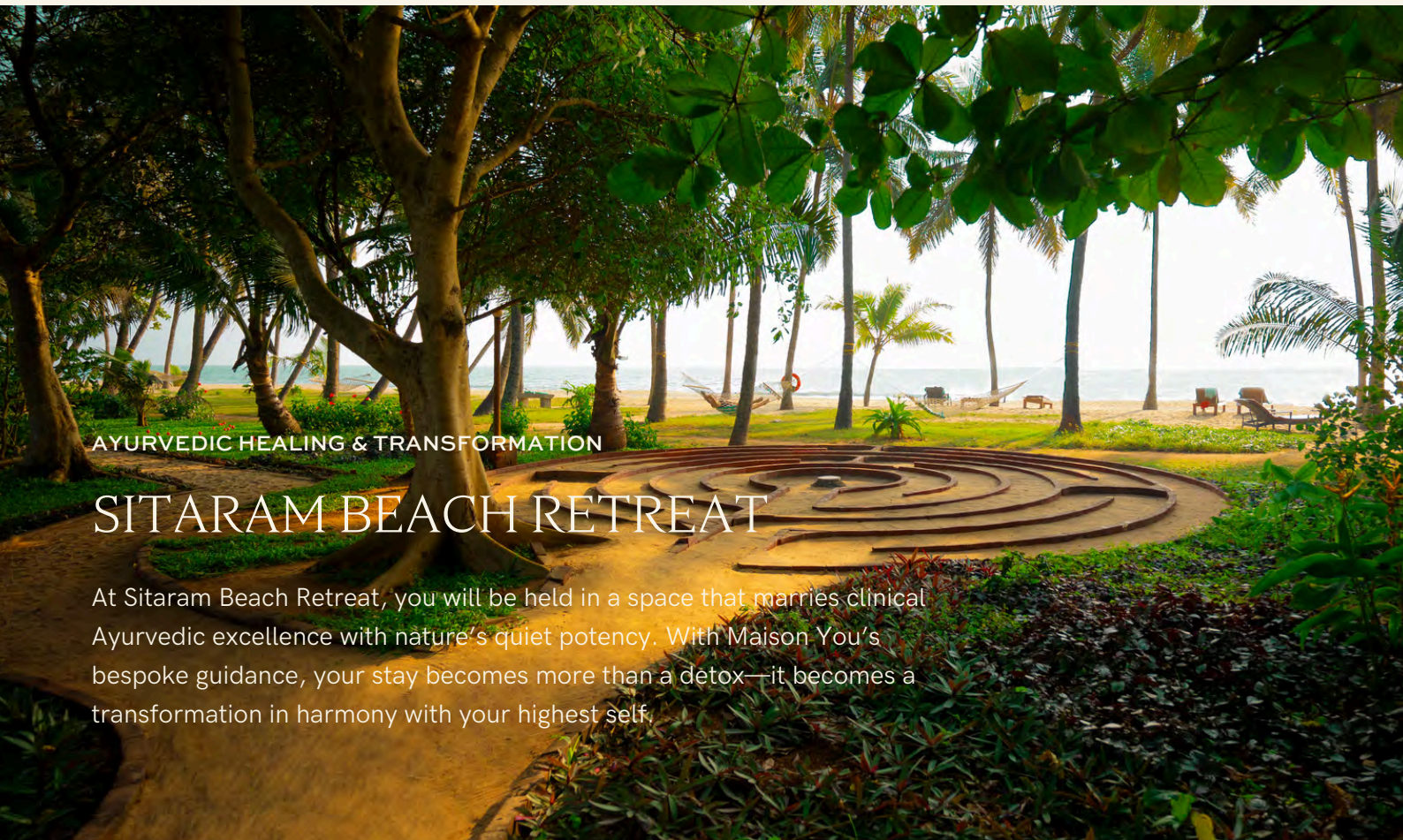


SIGNATURE EXPERIENCE

**AYURVEDIC MEDICAL RETREAT
PANCHAKARMA & HOLISTIC HEALING**

Thalikulam, Thrissur
District, Kerala, India

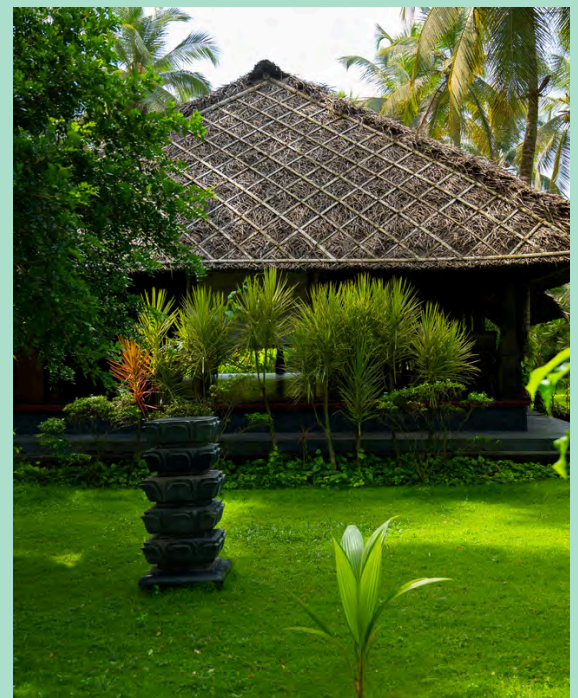
14-28 nights
Year-Round



AYURVEDIC HEALING & TRANSFORMATION

SITARAM BEACH RETREAT

At Sitaram Beach Retreat, you will be held in a space that marries clinical Ayurvedic excellence with nature's quiet potency. With Maison You's bespoke guidance, your stay becomes more than a detox—it becomes a transformation in harmony with your highest self.



WHY IT STANDS OUT

- Medical credibility + spiritual depth: Being NABH-accredited underscores Sitaram's commitment to safety, clinical standards, and healing excellence.
- Legacy & lineage: Sitaram's roots stretch back generations, led by Dr. Vignesh Devraj, a fourth-generation Ayurvedic healer.
- Environment as medicine: The retreat is embedded in nature: with access to private beach, herbal gardens, open forested spaces, and a design ethos that honours its coastal setting.
- Holistic spectrum of care: From cleanses and Panchakarma to lifestyle education, yoga, and emotional healing, every dimension is woven into the experience.



KEY EXPERIENCES:

- Pre-arrival health questionnaire & orientation
- Daily physician consultations and treatment planning
- Personalized Ayurvedic therapies tailored to your constitution
- Full board sattvic meals (no buffet) aligned to your dosha and detox plan
- Yoga, meditation, and pranayama tailored to your healing goals
- Educational sessions and cooking demonstrations
- Quiet time in nature, beach meditations, herbal garden walks
- Infrastructure designed for healing: natural light, open spaces, sky-bath designs

DETAILS & PRICING:

DATES:

14-28 nights / Year-Round

LOCATION:

Sitaram Beach Retreat
Thrissur District, Kerala, India

PRICE:

Based on 14 nights staying in a Stone/Wooden Luxury Cottage:

Lean Season: €2,940 single occupancy | €4,480 double occupancy

High Season: €4,060 single occupancy | €6,020 double occupancy

Peak Season: €4,340 single occupancy | €6,300 double occupancy

Inclusions: Daily Ayurvedic treatments & Dr consultations, full board Ayurvedic vegetarian meals, daily yoga & meditation and Ayurvedic Medicines during the stay.

YOUR MAISON YOU BENEFITS:

- Tailored pre-arrival planning and wellness alignment
- Airport transfers



CURATED RETREATS FOR A BETTER YOU



ITINERARY

During a typical week, the rhythm is gentle and intentional. A sample day might look like:

- 6:00-7:00 am: Advanced Yoga
- 7:15-8:15 am: Gentle / beginner Yoga
- 8:00-9:00 am: Breakfast (Sativika cuisine)
- 9:30-12:30 pm: Treatments, consultations, self-reflection
- 12:30-1:30 pm: Lunch
- 2:00-5:00 pm: Afternoon therapies, rest, reading, quiet time
- 5:00-6:00 pm: Yoga & Meditation
- 6:30-7:45 pm: Sunset walk / reflection
- 7:45 pm: Dinner
- Late evening: optional consultations, reading, rest

(Note: actual schedules adapt to each guest's programme and healing needs)

CONTACT US

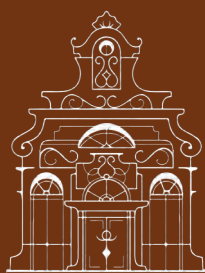
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