



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.

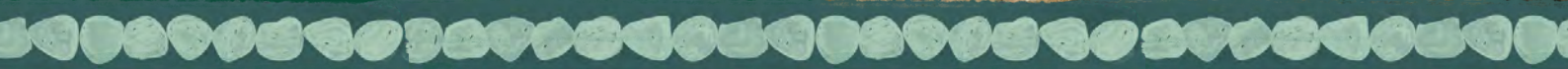
AT MAISON YOU, YOU ARE THE PURPOSE.



THE ROOSTER

Hidden on the tranquil island of Antiparos, The Rooster was born from the belief that true wellbeing begins with stillness and reconnection. Its House of Healing is a sanctuary devoted to the art of slow living, where Greek light, wild landscapes and soulful design invite deep rest, movement and clarity.

This is not simply a spa, but a restorative philosophy. Each ritual, from grounding yoga to mindful bodywork, is crafted to restore natural rhythm and awaken inner vitality - guided by expert practitioners and the island's elemental calm.

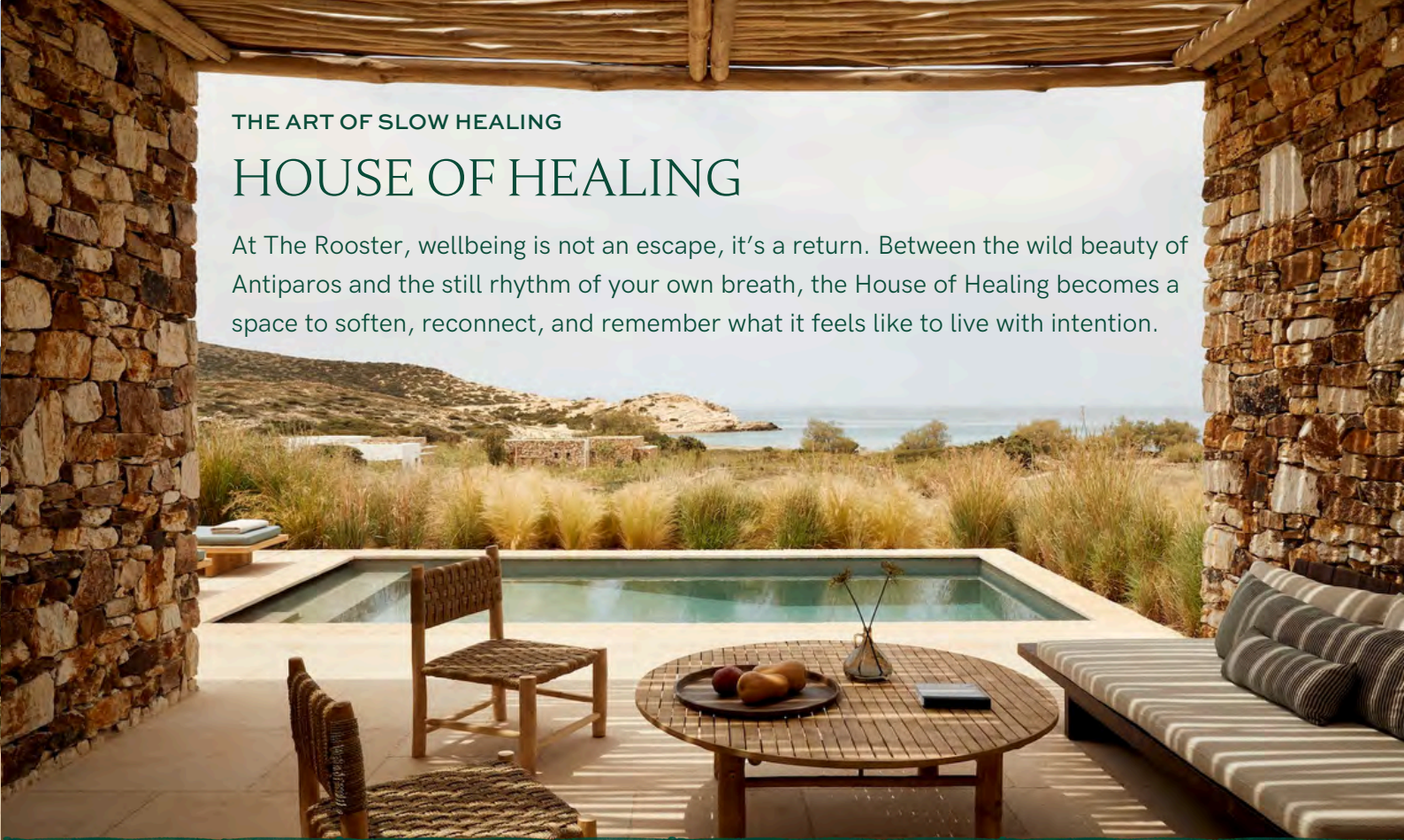




THE ART OF SLOW HEALING

HOUSE OF HEALING

At The Rooster, wellbeing is not an escape, it's a return. Between the wild beauty of Antiparos and the still rhythm of your own breath, the House of Healing becomes a space to soften, reconnect, and remember what it feels like to live with intention.



WHY IT STANDS OUT

- Holistic Living Philosophy: blending movement, mindfulness, nutrition and rest as equal pillars of wellness.
- Rooted in Nature: treatments unfold amidst Antiparos' raw landscape: open air, local herbs, and the sound of the Aegean.
- Personalised Approach: each session is adapted to your needs; whether restoring balance, releasing tension or re-energising.
- Ayurveda Expert: experience deeply transformative Ayurvedic therapies under the guidance of Abhilash Nair.



KEY EXPERIENCES:

- Enjoy culinary experiences such as family style Sunday suppers, a farm cookout, picnic on the beach or wine tasting.
- Shop the boutique personally curated by The Rooster's founder, Athanasia Comninos.
- Participate in workshops such as play with clay and make your own ceramic keepsake or attend an olive oil tasting.
- Explore the rest of the landscape with a tour to Paros or Jeep safari around the Island.
- Attend programmed events such as full moon ceremonies, brand pop-ups, live music from visiting musicians.
- Catch the sunrise or sunset on horseback or go swimming with horses.
- Experience one of many adventures at sea such as motor yacht cruise onboard 'The Chick', go fishing with Captain Sargos, catch a wave on Livadia beach or snorkling in the cool blue waters of the Aegean.
- Be guided by visiting practitioners at the House of Healing.
- Enjoy daily yoga at the outdoor pavilion.

DETAILS & PRICING:

DATES:

2 nights / Year-Round

LOCATION:

The Rooster
Antiparos, Greece

PRICE:

Cost of Experience:

Price upon request - based on curated program.

Cost of Accommodation:

From £800 - based on 1 night in a Landscape
Camo Room.





ITINERARY

As part of a personalised journey, The Rooster begins with a tailored consultation to understand the guest's lifestyle, intentions, and any underlying concerns. From sleep and nutrition to past injuries and emotional triggers, this insight allows therapists to curate a treatment plan suited to individual needs. Experience highlights include:

- **Mauli Time Tailor Made:** this fully bespoke therapy time is designed to bring back your natural state.
- **The Rooster Signature Ritual Smoking Stool for Energy Cleansing:** a transformative experience that fosters a deep connection to Mother Earth and your inner self.
- **Abhyangam The Energy of Movement:** this therapy prepares the body to receive Panchakarma, the ritual purification in traditional Ayurvedic medicine.
- **Pizhichil The Energy of Calm:** an indulgent, rejuvenating experience, during which lukewarm herbal oils anoint the entire body.
- **Kati Vasti The Energy of Alignment:** traditionally practiced to ease lower back pain.
- **Uro Vasti The Energy of Emotion:** a therapy that balances the heart chakra and helps reduce stress to alleviate potential problems in the thoracic region.
- **Pinda Sweda Kizhi The Energy of Transformation:** a unique Ayurvedic massage where herbal powders are poured into cotton bags, immersed in warm herbal oil, and gently padded over the whole body.
- **Shirodhara The Energy of Relaxation:** ayurvedic oil is poured in a steady stream on the forehead, which is gently massaged to stimulate the third eye.
- **Akradhara The Energy of Femininity:** medicated buttermilk is poured onto the forehead to bring relief to those suffering from insomnia, depression, and other stress-related conditions.
- **Meditation & Breathwork Connect with the Infinite**
- **Sound Healing Connect with the Cosmos**
- **Tea Ceremony**

CONTACT US

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