



# 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.





## DATU WELLNESS

For a limited time each year, Datu Wellness brings the authenticity of Ayurveda, Yoga, and ancient Eastern healing arts to the Amalfi Coast. In a quiet fold, where sea and stone meet in long silence, these immersive retreats offer a rare opportunity to experience world-renowned Vaidyas, yoga masters, and healers, without traveling to India or Tibet.

Datu, which means “to share” in Sanskrit, embodies the team’s vision of offering transformative care and timeless wisdom in a setting of beauty, serenity, and comfort.



## SIGNATURE EXPERIENCES



AMALFI COAST, ITALY  
7 NIGHTS / MULTIPLE DATES  
25TH MARCH - 29TH APRIL, 2026

A RETURN TO BALANCE:  
AYURVEDA RETREAT



# A RETURN TO BALANCE: AYURVEDA RETREAT

THIS IS NOT A WELLNESS RETREAT IN THE MODERN SENSE.  
IT IS AN INVITATION INTO A SLOWER WAY OF BEING



## WHY IT STANDS OUT

Unlike urban wellness studios or generic spa retreats, Datu is fully guided by traditional Ayurvedic and Yogic sciences.

Drawing on classical traditions of Ayurveda, the retreat is designed to support deep rest and inner rebalancing. Guests benefit from individual consultations with seasoned Vaidyas, followed by personalised treatments - from oil-based therapies, TCM, to subtle bodywork and breath-led practices. The practitioners are not personalities at the centre of things. They are companions in the work of tending, their knowledge is not displayed; it is offered gently.





Daily schedules during the retreat follow a nourishing cadence, balancing structure with spaciousness. Therapeutic sessions are complemented by Yoga Sadhana, art-based therapies and moments of quiet integration. Whether gathered around a morning fire ritual or resting in stillness within the estate's lush gardens.

Expect accommodation which is elegant yet relaxed, with whitewashed walls, tiled ensuites, and expansive windows framing views of the Amalfi Coast and Capri. This is not a typical retreat, but an invitation to slow down, listen deeply, and let practice become a natural, integrated part of life.





## KEY EXPERIENCES:

- Pre-arrival Ayurvedic wellness & diet consultation
- Daily group classes and Ayurvedic consultations with Vaidyas
- Personalised Ayurvedic and holistic treatments
- Sound healing, Raag therapy, chanting, and satsangs
- Ayurvedic cooking & apothecary lessons
- Local cultural excursions
- Full-board Ayurvedic cuisine (breakfast, lunch, dinner + snacks)
- Natural wellness attire for use during the retreat

## DETAILS & PRICING:

### DATES:

7 nights / 25th March - 1st April, 2026

7 nights / 3rd April - 10th April, 2026

7 nights / 13th - 20th April, 2026

7 nights / 22nd - 29th April, 2026

### LOCATION:

Private property  
Amalfi Coast, Italy

### PRICE:

£2,600 per person based on double occupancy in a Dharma Villa with Sea View Terrace

£3,500 per person based on single occupancy in a Dharma Villa with Sea View Terrace

Prices include full retreat programme and all inclusive meals.

### MAISON YOU BENEFITS

- Complimentary Ayurvedic treatment



## CONTACTUS

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[www.maison-you.com](http://www.maison-you.com)

WELCOME HOME

