



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 NEWT

The Newt in Somerset is a countryside estate where heritage, horticulture and hospitality come together. A place to reconnect with nature, indulge in comfort, and savour the soulful charm of the English countryside.

It is far more than a hotel: it's a living, breathing estate. Nestled between orchards, ancient woodland and sweeping formal gardens shaped over centuries and recently re-imagined to combine ornamental beauty and productivity. Guests are invited to indulge in "farm-to-fork" dining where every meal reflects the rhythms of the land and a holistic spa where treatments are inspired by the medieval herb garden.



SIGNATURE EXPERIENCES





LIVE WELL RETREAT MOVE

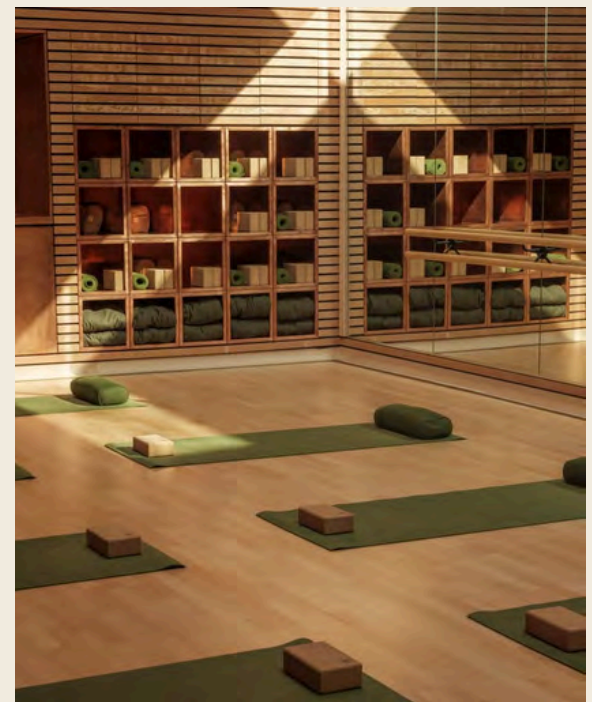
BE REMINDED OF THE MOOD-BOOSTING BENEFITS
OF CONSISTENT MOVEMENT.



The **Live Well Retreat: Move** is here to give you a little cheerleading. Offering a stellar lineup of fitness fanatics to kickstart your 2026 fitness journey - all wrapped up in an exclusive two-night stay this winter.



The Newt has drafted in personal trainer and lifestyle coach Arron Collins-Thomas to teach the basics of Qigong, and purveyors of premium apparel Tracksmith to guide you through 1:1 movement sessions and remind you of the mood-boosting benefits of consistent movement. Channel your inner Wim Hof with an invigorating cold water dip, practise breathwork and enjoy yoga sessions before dinner.



WHY IT STANDS OUT

Designed to blend with nature, the spa at The Newt makes you feel part of the landscape with views over the orchards and surrounding woodland.

- **Medieval Herb Garden:** take a barefoot walk in the Medieval Herb Garden to pick your own botanicals and feel connected to English history when natural remedies were an integral part of life.
- **Hamam:** Escape to the warmth of the Turkish-inspired hamam for some thermal therapy.
- **Wellness Schedule:** Take advantage of complimentary yoga, breathwork, pilates, forest bathing or cold dips in the lake.



KEY EXPERIENCES:

- Wander through the estate's extensive gardens, orchards and woodlands
- Relax and recharge in the spa and enjoy the following facilities: marble steam room, hydrotherapy pool and garden view Sauna
- Book additional treatments from the spa menu and experience garden-inspired treatments using herbs grown onsite.
- Attend any of the following classes as part of the wellness schedule: yin yoga, barre, meditation, HIIT or pilates.
- Dine on estate-grown and seasonal produce - from refined meals in the restaurant to rustic, wood-fired dishes at the Farmyard Kitchen or fresh fare at the Garden Café.
- Join a guided journey into the art of cyder-making, led by a local expert from the Cyder team.
- Attend seasonal estate events, such as Apple Day or Harvest.
- Shop exceptional local Somerset produce from the farm shop and take something home with you.
- Visit the reconstructed Roman-era villa
- Explore the local area and visit neighbouring villages such as Bruton and discover Oudolf Field.

DETAILS & PRICING:

DATES:

2 nights / 3 days
11-13th February, 2026

LOCATION:

The Newt
Somerset, England

PRICING:

from £2,500 - based on two people sharing a Hadspen Cosy Room. Pricing includes retreat program, accommodation and daily breakfast.

YOUR MAISON YOU BENEFITS:

- Complimentary breakfast
- Priority upgrade at check-in*
- Cream Tea at Hadspen House or Sweet Treats and Cocktails in The Garner Bar
- A wide range of exclusive experiences
- 12-month Newt membership from the date of your stay
- In-room larder and bar
- A complimentary wine tasting or Somerset cyder tasting for up to 2 guests per room
- Early check in/late check out*

*subject to availability





ITINERARY

The **Live Well Retreat: Move** unfolds over three days and follows the below flow.

Day 1

- Check in from 3:00pm
- Introduction to fitness and movement with The Newts' Chris Giles
- Breathwork Session with The Newts' Chris Giles
- Flow Yoga with The Newts' Loren Barclay

Day 2

- Breakfast at leisure
- Qi-gong with Arron Thomas
- Introduction to running with Tracksmith, followed by led movement across the estate
- Lunch included at any of our estate restaurants
- 1:1 movement sessions with Tracksmith
- Yin Yoga with Loren Barclay

Day 3

- Breakfast at leisure
- Estate movement session with Tracksmith
- Cold Dip experience with The Newts' Chris Giles
- Check out at 11:00am

CONTACT US

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www.maison-you.com

The journey inward is the greatest adventure of all

WELCOME HOME

