



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.



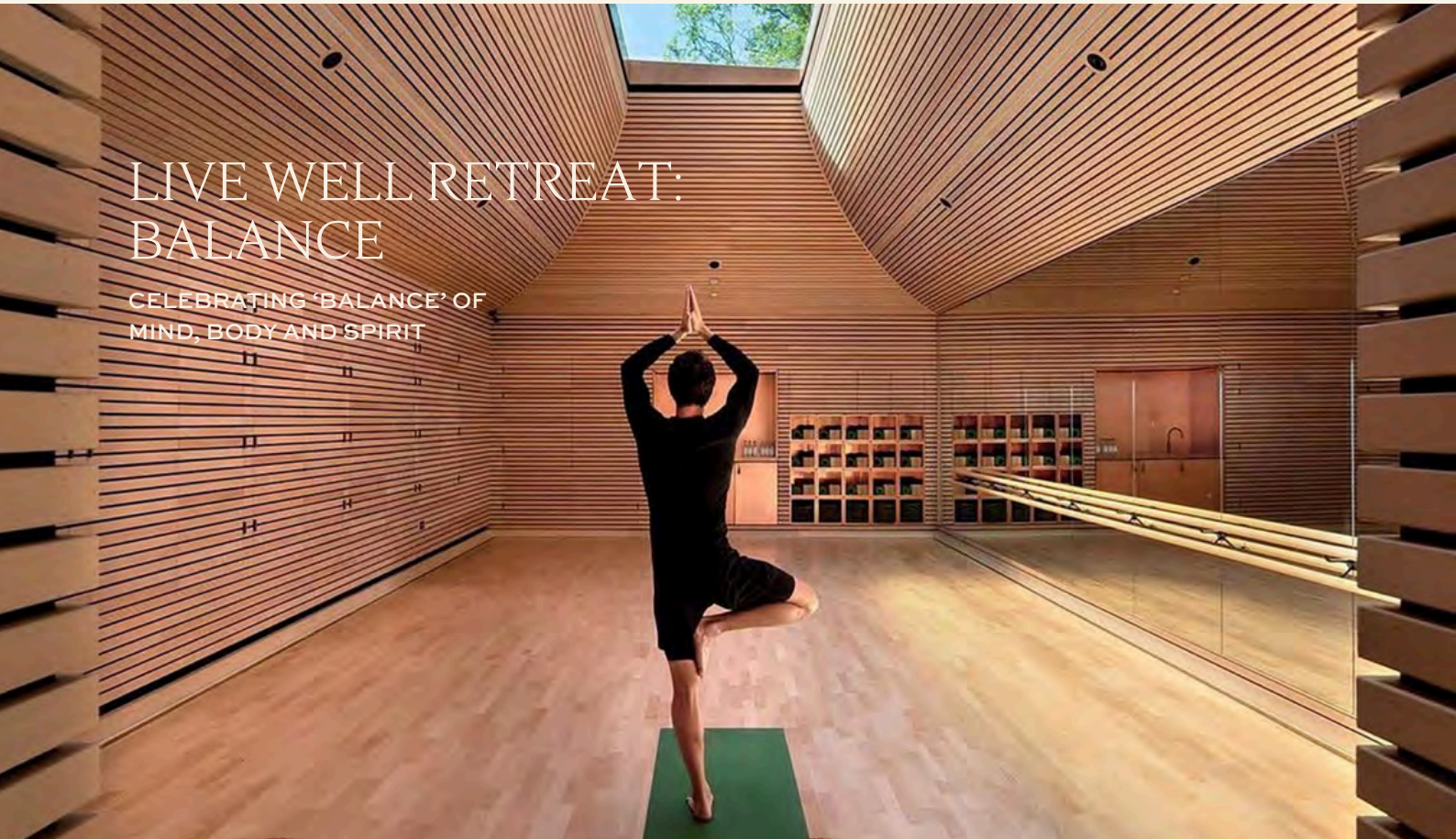
SIGNATURE EXPERIENCES





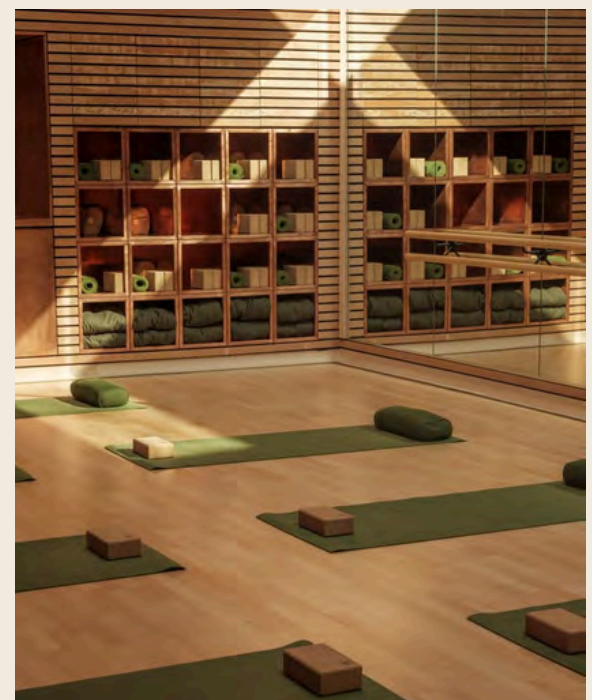
LIVE WELL RETREAT: BALANCE

CELEBRATING 'BALANCE' OF
MIND, BODY AND SPIRIT



The **Live Well Retreat: Balance** is special two-night stay celebrating 'balance' of mind, body and spirit. The Newt is welcoming breathwork expert and coach Valentina Marzola of Airena to introduce you to breathwork 2.0, Gaz Oakley will share his journey to self-sufficiency and Sarah-Stocker Harding to share her experience of Ayurveda and the principles which changed her life.

Enjoy a guided cold immersion and sauna session with our expert and free time to spa, stroll and soak in the beauty of the serene Somerset estate.



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 March, 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





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

Day 1

- Check in from 3:00pm
- Introduction to wellbeing by Valentina Marzola of Airena
- Breathwork session by Airena

Day 2

- Breakfast at leisure
- Guided Cold Dip & Sauna session with The Newts' Chris Giles
- Workshop with Gaz Oakley
- Lunch included at Farmyard Kitchen or Botanical Rooms
- Introduction to Ayurveda 'The 3 Pillars Of Health' talk Sarah Stocker-Harding
- Time to explore the estate and spa

Day 3

- Breakfast at leisure
- Check out at 11:00am
- Explore the estate and leave at leisure

CONTACT US

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www.maison-you.com

The journey inward is the greatest adventure of all

WELCOME HOME

