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WELCOME TO

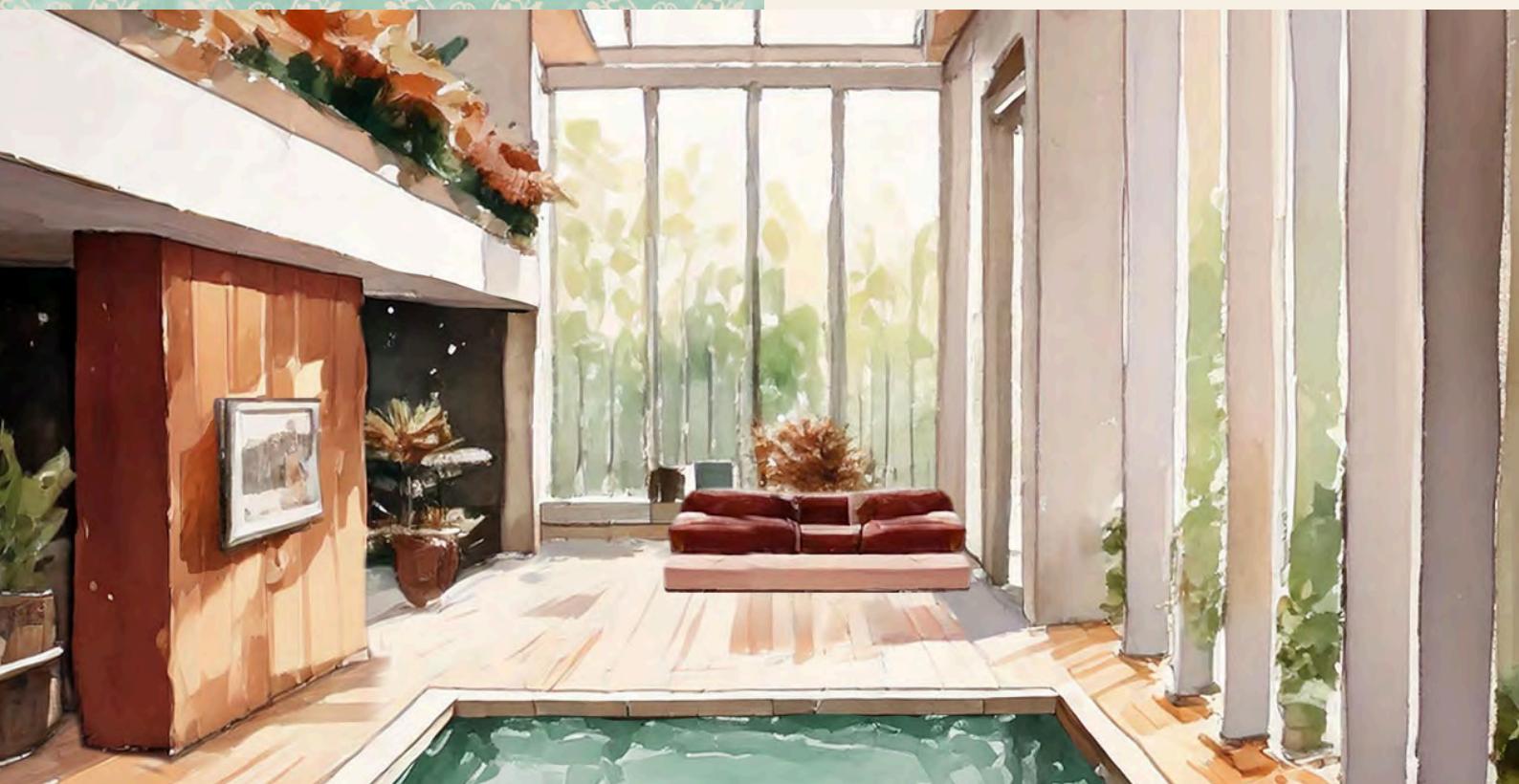
# MAISON YOU

## 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.



## ECOHOTEL EL AGUA

EcoHotel El Agua is nestled in the natural setting of the peaceful historic village of Arico el Nuevo in South Tenerife. Set among olive groves and aromatic lavender and rosemary fields, the hotel's beautifully restored 200-year-old stone villas blend vernacular and organic architecture with touches of wabi-sabi and Feng Shui, creating spaces which have been uniquely designed to make your stay unforgettable.

Dedicated to holistic health and wellbeing, it is the perfect escape for those seeking rejuvenation, balance, and tranquillity. Founded by Anthony Picq, a visionary hotelier committed to redefining sustainable and eco-conscious luxury travel, the property reflects a seamless fusion of mindful design, natural beauty, and mindful living.



**WATER FOR HEALTH**

Tenerife, Spain

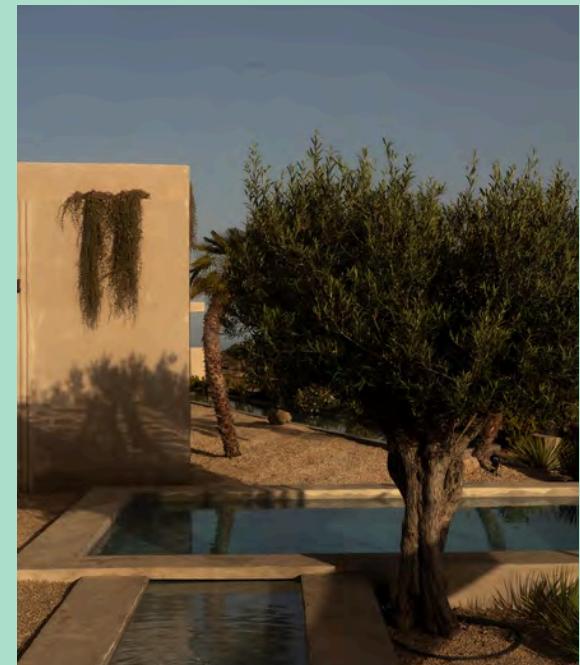
3 days, 2 nights  
Year-Round



NOT JUST A PROGRAM, BUT A PATH TO TRANSFORMATION

## WATER FOR HEALTH

Allow yourself to experience a holistic approach to health that will leave you renewed and full of energy.



Immerse yourself in an unparalleled experience in the infinity pool, where Watsu performed in warm water, will offer you a deep state of relaxation. This aquatic therapy, which combines gentle movements with stretching, will help you release tension and connect with your body in a unique way, all while enjoying spectacular views of the surrounding nature.

Alongside this, explore the power of deep breathing and cold with our ice immersion sessions, inspired by Wim Hof's techniques. These practices will not only strengthen your immune system but also contribute to better stress management and increased vitality.



## WHY IT STANDS OUT

- **Epigenetic Test:** Understand your body and how your habits and environment influence your health. Through this analysis, you will be able to make informed decisions to improve your quality of life and achieve optimal health.
- **Relaxation & Nutrition:** Indulge in relaxing massages, designed to release stress and enhance your physical well-being. Complement your experience with a delicious culinary offering based on organic, seasonal, and local ingredients that not only nourish your body but also respect the environment.



## KEY EXPERIENCES:

- Enjoy responsibly sourced seasonal food from local producers with a vegan and vegetarian menu.
- Join Chef Kalo for an immersive cooking masterclass and hands-on culinary workshop.
- Hire bikes and explore the local area.
- Experience the full access to the spa including hammam, sauna, jacuzzi, cold water pool with ice water.
- Add additional treatments to your program and enjoy the full spa menu including: reflexology, watsu, shiatsu and shirodhara.
- Participate in epigenetic testing and learn how your lifestyle might be affecting your health.

## DETAILS & PRICING:

### DATES:

3 days, 2 nights

Year-Round

### LOCATION:

Ecohotel El Agua  
Tenerife, Spain

### PRICE:

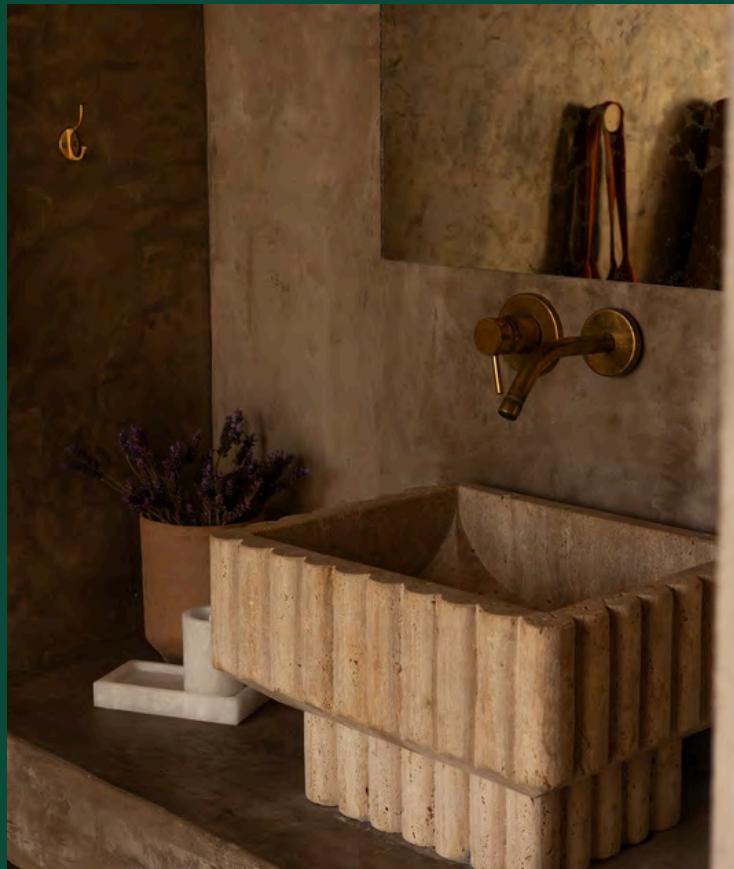
From €2,251 based on single occupancy in Villa Olivio in the low season.

From €3,302 based on double occupancy in Villa Olivio in the low season.

Pricing includes cost of program, accommodation and nutritious meals.

### YOUR MAISON YOU BENEFITS:

- 1x 60 minute massage per stay



CURATED RETREATS FOR A BETTER YOU



## ITINERARY

Enjoy the following flow as part of your 3-day program experience. If you wish to extend your stay then additional days can be added and will be curated in the same format as day two.

### DAY 1:

- 15:00: Check and welcome to the Ecohotel El Agua, and your own private hot water pool.
- 18:00: 1 hour relaxing or deep tissue massage.
- 20:00: Enjoy a regenerative dinner.

### DAY 2:

- 8:00: Session of breathing exercises and cold baths according to the Wim Hof method.
- 9:30: Enjoy a nourishing and energising breakfast
- 11:30: 1 hour relaxing or deep tissue massage.
- 12:30 - 16:00: Free time to have lunch, enjoy the gardens and connection with nature.
- 16:00: 1 hour of Watsu
- 20:00 Enjoy a gastronomic and regenerative dinner

### DAY 3:

- 8:30: Enjoy a healthy and delicious breakfast.
- 11:00: Check out

## CONTACT US

hello@maison-you.com

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

@\_maisonyou 

# WELCOME HOME



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