



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.

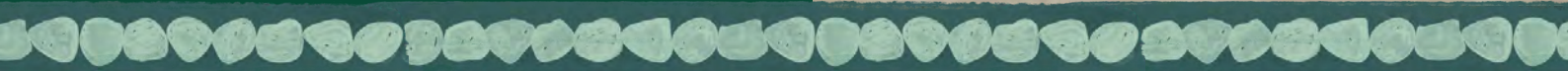
AT MAISON YOU, YOU ARE THE PURPOSE.



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.



DEEP BREATHWORK

Tenerife, Spain

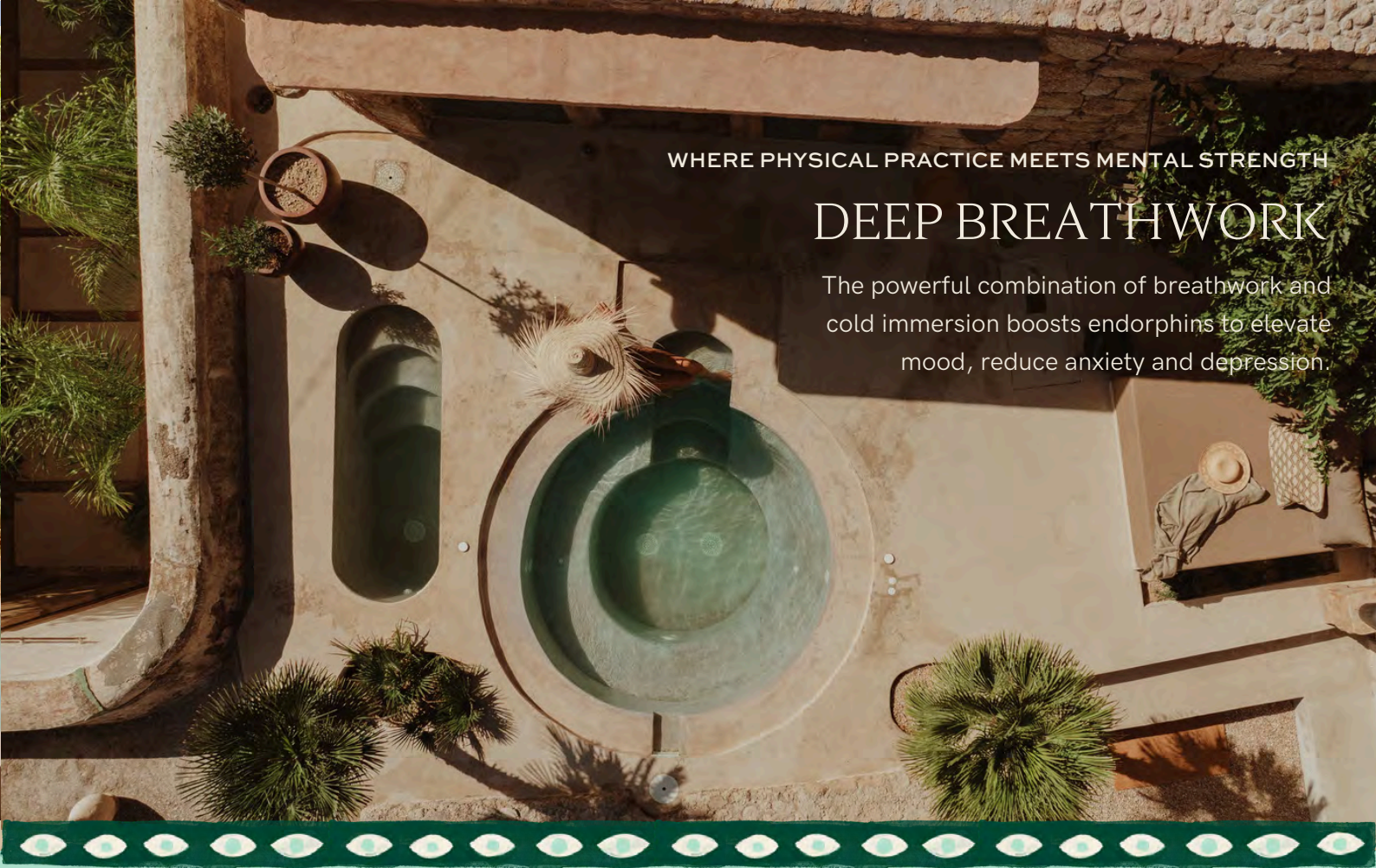
3 days, 2 nights
Year-Round



WHERE PHYSICAL PRACTICE MEETS MENTAL STRENGTH

DEEP BREATHWORK

The powerful combination of breathwork and cold immersion boosts endorphins to elevate mood, reduce anxiety and depression.



Discover the transformative power of the connection between body and mind. This unique retreat incorporates Wim Hof techniques - combining breathing exercises and ice immersion, designed to help you achieve optimal mental and physical health.

The main advantages of Wim Hof techniques is their ability to improve the immune system. Through controlled breathing and exposure to cold, the production of white blood cells is stimulated, which are essential to fight infections. This translates into greater resistance to disease and better overall health. You will learn to embrace discomfort and get out of your comfort zone.



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 €1,830 based on single occupancy in Villa Olivio in the low season.
From €2,460 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





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 in followed by a 2-hour Spa experience including hammam, sauna, jacuzzi, cold water pool with ice water and black soap for a peeling treatment.
- 20:00: Enjoy a regenerative dinner.

DAY 2:

- 8:00: Enjoy a nourishing and energising breakfast
- 10:00: 1 hour of introduction to the Wim Hof technique, breathing exercises and immersion in our 7-degree swimming pool.
- 13:00: Lunch at the hotel.
- 16:30: 2 hours of Spa experience.
- 20:30 Enjoy a gastronomic and regenerative dinner

DAY 3:

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

CONTACT US

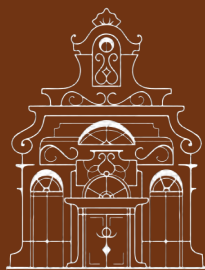
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