



# 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

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Guaranteed best rates at selected retreats worldwide, with upgrades, retreat credits, discounts and special experiences like spa treatments and personalized consultations.

### EXCLUSIVE EXPERIENCES

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Priority access to new or limited-edition wellness and brand experiences.

### COMMUNITY FOCUS

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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.





## ANANDA IN THE HIMALAYAS

An award winning luxury wellness retreat in the Himalayan foothills, Ananda is located on a 100 acre Maharaja's Palace Estate. Surrounded by graceful Sal forests, overlooking the spiritual town of Rishikesh and the Ganges river valley, Ananda integrates traditional Ayurveda, Yoga Meditation, Vedanta with Oriental and International wellness therapies and healthy cuisine to restore balance and harmony.

Ananda is more than a retreat, it's a spiritual pilgrimage for clarity, balance, and radiant wellbeing.



## SIGNATURE EXPERIENCES



**ANANDA IN THE HIMALAYAS**  
**MENSTRUAL HEALTH**

The Palace Estate, India

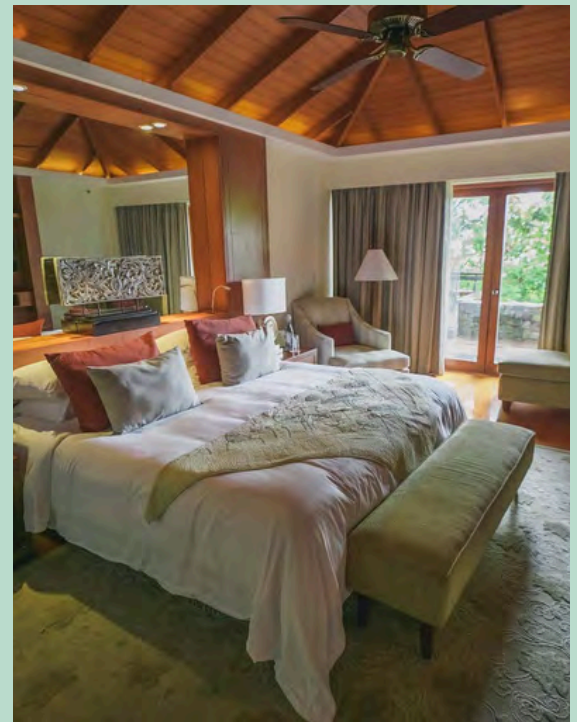
14 or 21 nights  
Year round





# MENSTRUAL HEALTH

EMPOWER YOUR FLOW AND RESTORE YOUR INNER  
HARMONY IN THE HEART OF THE HIMALAYAS



The Ananda Menstrual Health programme is a restorative 14 or 21-night retreat at Ananda in the Himalayas with a focus on hormonal balance, reproductive wellness, and the empowering benefits of Ayurvedic healing.

This holistic and nurturing escape includes targeted Ayurvedic therapies, a personalized yoga and meditation plan to mobilize toxins, and a customized nutritional program to enhance metabolism, plus dedicated time for emotional healing and self-reflection.





## WHY IT STANDS OUT

Set in the tranquil Himalayan foothills, the Ananda Menstrual Health programme blends ancient Ayurvedic wisdom with modern wellness to restore hormonal balance and empower women at every stage of life.

- **Ayurvedic Detoxification:** Experience the restorative power of Panchakarma and targeted therapies designed to detoxify the body, enhance metabolism, and address the root causes of hormonal imbalances.
- **Holistic Healing:** Benefit from a compassionate approach that integrates emotional healing and lifestyle adjustments to alleviate the stress, anxiety, and physical discomfort associated with menstrual disorders.
- **Wellness Schedule:** Engage in a personalized routine of therapeutic yoga asanas, meditative breathwork, and customized nutritional plans tailored to support your reproductive health and long-term vitality.





## KEY EXPERIENCES:

- Experience deep internal restoration in the Himalayan foothills with a programme dedicated to menstrual wellness and hormonal balance.
- Undergo traditional Ayurvedic detoxification, including Panchakarma, to enhance metabolism and cleanse the reproductive system.
- Benefit from expert clinical support through integrated consultations with Ayurvedic doctors, emotional healers, and physiotherapists.
- Practice personalized yoga and asanas specifically selected to mobilize toxins and improve lymphatic function.
- Master meditative breathwork and Pranayama techniques designed to alleviate stress and manage emotional challenges.
- Follow a customized nutritional plan tailored to your specific doshic balance for both immediate treatment and long-term health.
- Receive targeted Ayurvedic therapies and herbal supplements to address conditions like PCOS, endometriosis, or menopausal transitions.
- Ensure lasting results with comprehensive pre-stay diagnostics and a dedicated post-stay follow-up consultation

## DETAILS & PRICING:

### DATES:

14 or 21 days  
Year Round

### LOCATION:

The Palace Estate  
Rishikesh, India

### PRICING:

from \$21,700 based on 14 nights in a Deluxe Garden View Room - includes cost of program, accommodation and full board

### YOUR MAISON YOU BENEFITS:

- Complimentary breakfast
- Upgrade at time of booking \*
- A complimentary 50 minute massage
- Early check in/late check out\*

\*subject to availability







## ITINERARY

Your Ananda experience, the Menstrual Health programme offered in 14 and 21-night formats, is fully personalized from arrival to empower women at every stage of life.

A detailed daily schedule is crafted after your initial Ayurvedic consultation, balancing intensive therapies with rest and reflection time.

A typical day could include up to 2-3 hours of wellness therapies such as Panchakarma, personalized yoga asanas, meditative breathwork, and consultations with Ayurvedic doctors and emotional healers

## CONTACT US

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The journey inward is the greatest adventure of all

WELCOME HOME

