



# 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

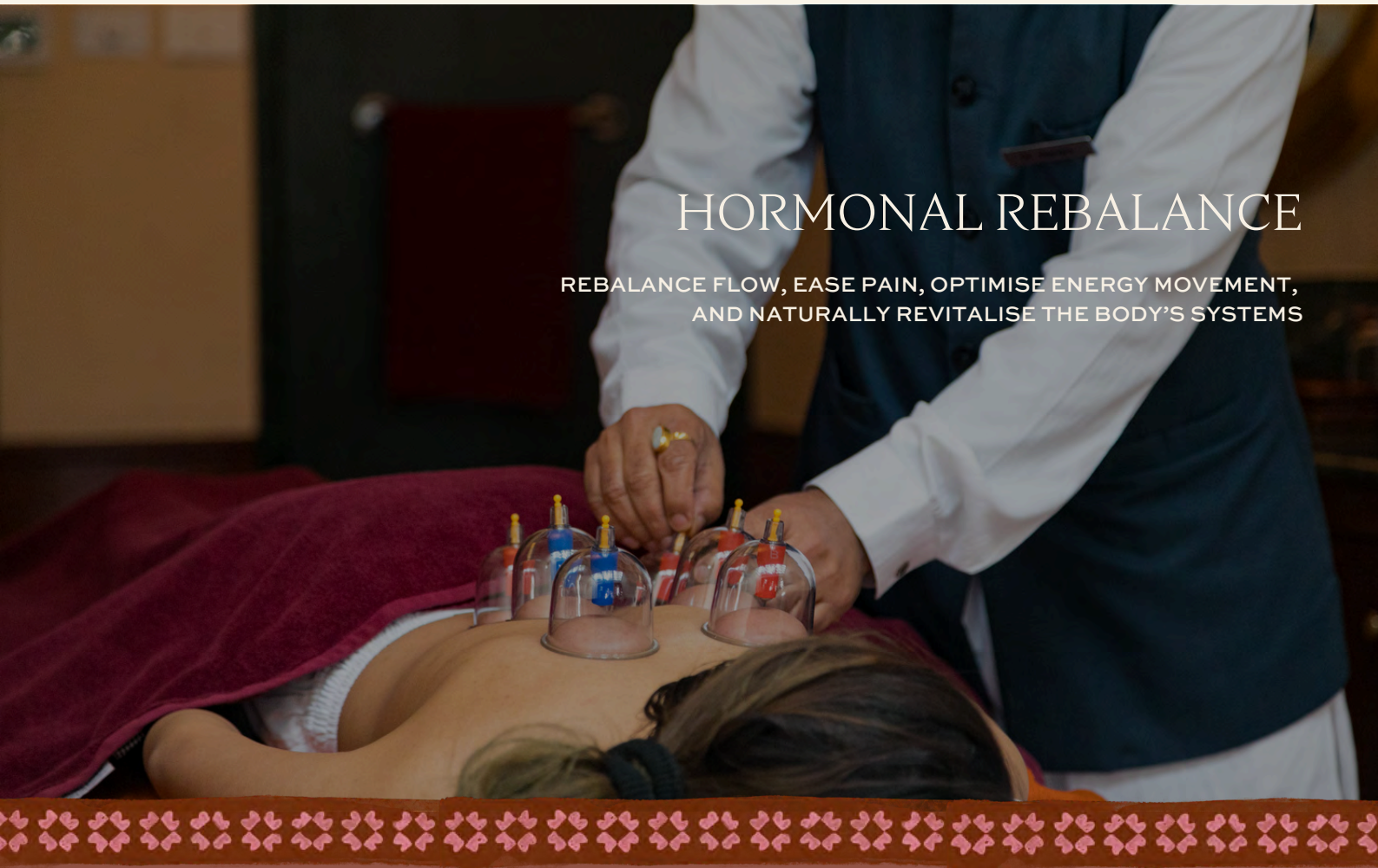


ANANDA IN THE HIMALAYAS  
HORMONAL REBALANCE

The Palace Estate, India

14 or 21 nights  
Year round





# HORMONAL REBALANCE

REBALANCE FLOW, EASE PAIN, OPTIMISE ENERGY MOVEMENT,  
AND NATURALLY REVITALISE THE BODY'S SYSTEMS



The Ananda Hormonal Rebalance programme applies traditional oriental therapies to address hormonal balance, specifically for menopause in women and also to address changes in testosterone and other hormones in men.

This healing approach focusses on the blockage of energy flowing through the fourteen meridians. Intensive therapies are then used to balance its flow, relieve pain, improve energy flow and vitalise systems intrinsically.





## WHY IT STANDS OUT

Designed to integrate the mind, body, and spirit, the Ananda Rebalance Programme combines authentic Ayurvedic wisdom with modern wellness science.

- Royal Palace Setting: Healing within the former Maharaja's Palace in the majestic Himalayan foothills.
- Personalized Ayurvedic Healing: Daily prescribed treatments and therapeutic diets based on your unique constitution (Prakriti).
- Nature Immersion: Rejuvenating walks and meditation in the peaceful Sal Forest and Palace estate grounds.
- Integrated Specialist Care: Collaborative guidance from Ayurvedic Doctors, Specialists, and Emotional Healers.
- Pure Himalayan Yoga: Private, tailored sessions of classical Yoga, Pranayama, and Meditation.





## KEY EXPERIENCES:

- Receive Expert Consultation: Comprehensive assessment by Ayurvedic, Wellness, and Emotional Healers, including specialized screenings
- Enjoy Bespoke Therapeutic Cuisine: Savor daily, customized meals designed to support and rebalance your specific hormonal needs
- Experience Restorative Ayurvedic Treatments: Engage in traditional, daily prescribed therapies and ancient healing rituals
- Practice Tailored Himalayan Yoga: Participate in private sessions of therapeutic Yoga, Pranayama, and Meditation, customized to your constitution
- Find Wellness in Nature: Guided movement, including prescribed fitness sessions and rejuvenating hikes through the Sal Forest
- Gain Long-Term Knowledge: Attend educational workshops and counseling for sustainable stress management and lifestyle modification
- Relax and Detoxify: Access to Hydrotherapy facilities and gentle cleansing processes to promote deep physical and mental rest

## DETAILS & PRICING:

### DATES:

14 or 21 nights  
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, such as the Hormonal Rebalance Programme offered in 14 or 21-night formats, is fully personalized from arrival.

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, yoga, pranayama, meditation, and consultations with specialists.

## CONTACT US

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

The journey inward is the greatest adventure of all

WELCOME HOME

