



MAISON  
YOU

WELCOME TO

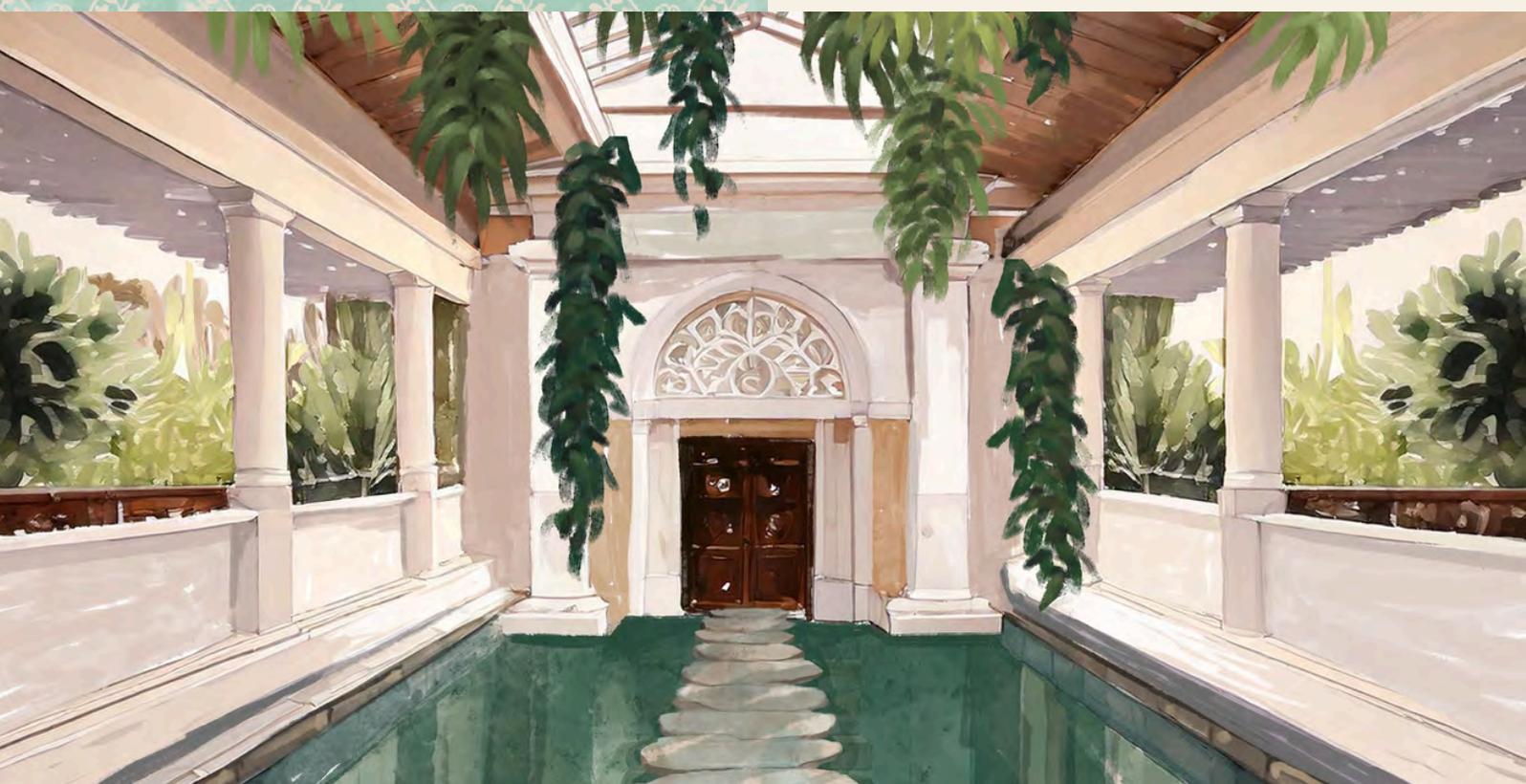
# MAISON YOU

## 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.

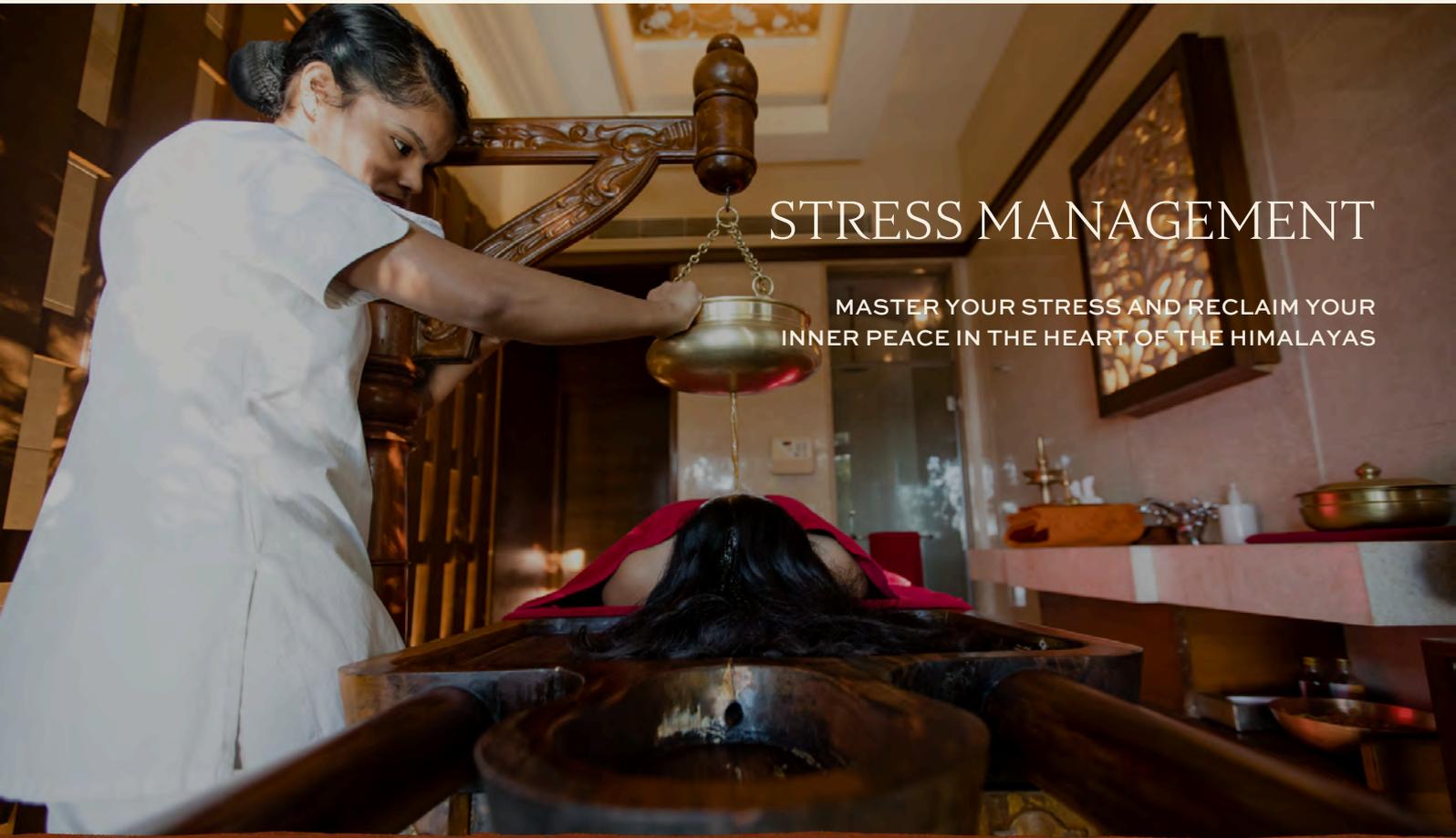
Ananda is more than a retreat, it’s a spiritual pilgrimage for clarity, balance, and radiant wellbeing.



ANANDA IN THE HIMALAYAS  
THE PALACE ESTATE, INDIA

Stress Management

7, 14 or 21 nights  
Year round



# STRESS MANAGEMENT

MASTER YOUR STRESS AND RECLAIM YOUR  
INNER PEACE IN THE HEART OF THE HIMALAYAS



The Ananda Stress Management programme applies a personalized holistic approach of Ayurveda, Yoga, and emotional healing to restore psychosomatic balance naturally. This therapeutic method focuses on strengthening the nervous system and releasing energetic blockages that impede vitality.

Intensive therapies and meditation techniques are then used to calm the mind, improve sleep quality, and enhance the body's intrinsic ability to heal, achieving a state of deep tranquility and long-term resilience.



### WHY IT STANDS OUT

Why it stands out: The Ananda Stress Management Programme restores psychosomatic balance by integrating Ayurvedic healing, emotional wellbeing, and Yoga. This holistic approach addresses the root causes of stress to build lasting mental clarity and resilience.

- Integrated Stress Mastery: Combines Ayurveda, emotional healing, and Yoga to resolve stress at its root.
- Royal Palace Setting: Healing within the former Maharaja's Palace in the majestic Himalayan foothills.
- Personalized Ayurvedic Care: Daily treatments and therapeutic diets tailored to your unique constitution.
- Emotional Resilience: Specialist-led sessions to release mental blockages and restore inner clarity.
- Nature & Yoga Immersion: Private Himalayan Yoga and forest grounding to calm the nervous system.



## KEY EXPERIENCES:

- Receive Expert Consultation: Comprehensive assessments by Ayurvedic doctors, emotional healers, and physiotherapists to identify the root causes of stress
- Enjoy Bespoke Therapeutic Cuisine: Daily customized meals and streamlined nutrition plans designed to rebalance the body and mind.
- Experience Restorative Ayurvedic Treatments: Traditional therapies like Shirodhara and Abhyanga to release physical tension and deep-seated emotional blocks
- Practice Tailored Himalayan Yoga: Private sessions of Yoga, Pranayama, and meditation focused on cleansing the mind and strengthening the nervous system
- Find Wellness in Nature: Intentional grounding and movement within the serene Himalayan foothills to restore your natural psychosomatic rhythm
- Gain Long-Term Knowledge: Educational guidance and emotional healing sessions to develop sustainable mental detox and resilience.
- Relax and Detoxify: Access to specialized hydrotherapy and meditative techniques to stimulate the body's natural ability to heal

## DETAILS & PRICING:

### DATES:

7, 14 or 21 nights  
Year-Round

### LOCATION:

The Palace Estate  
Rishikesh, India

### PRICING:

from \$8,190 based on 7 nights in a Deluxe Garden View Room - includes cost of program, accommodation and full board

### YOUR MAISON YOU BENEFITS:

- Room category 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 Stress Management Programme offered in 14 and 21-night formats, is fully personalized from arrival.

A detailed daily schedule is crafted after your initial Ayurvedic and emotional healing consultations, ensuring a perfect balance between intensive treatments and mental stillness.

A typical day could include up to 2-3 hours of specialized wellness therapies, private Himalayan yoga, pranayama, and meditation designed to restore your natural rhythm.

## CONTACT US

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The journey inward is the greatest adventure of all

WELCOME HOME

