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WELCOME TO

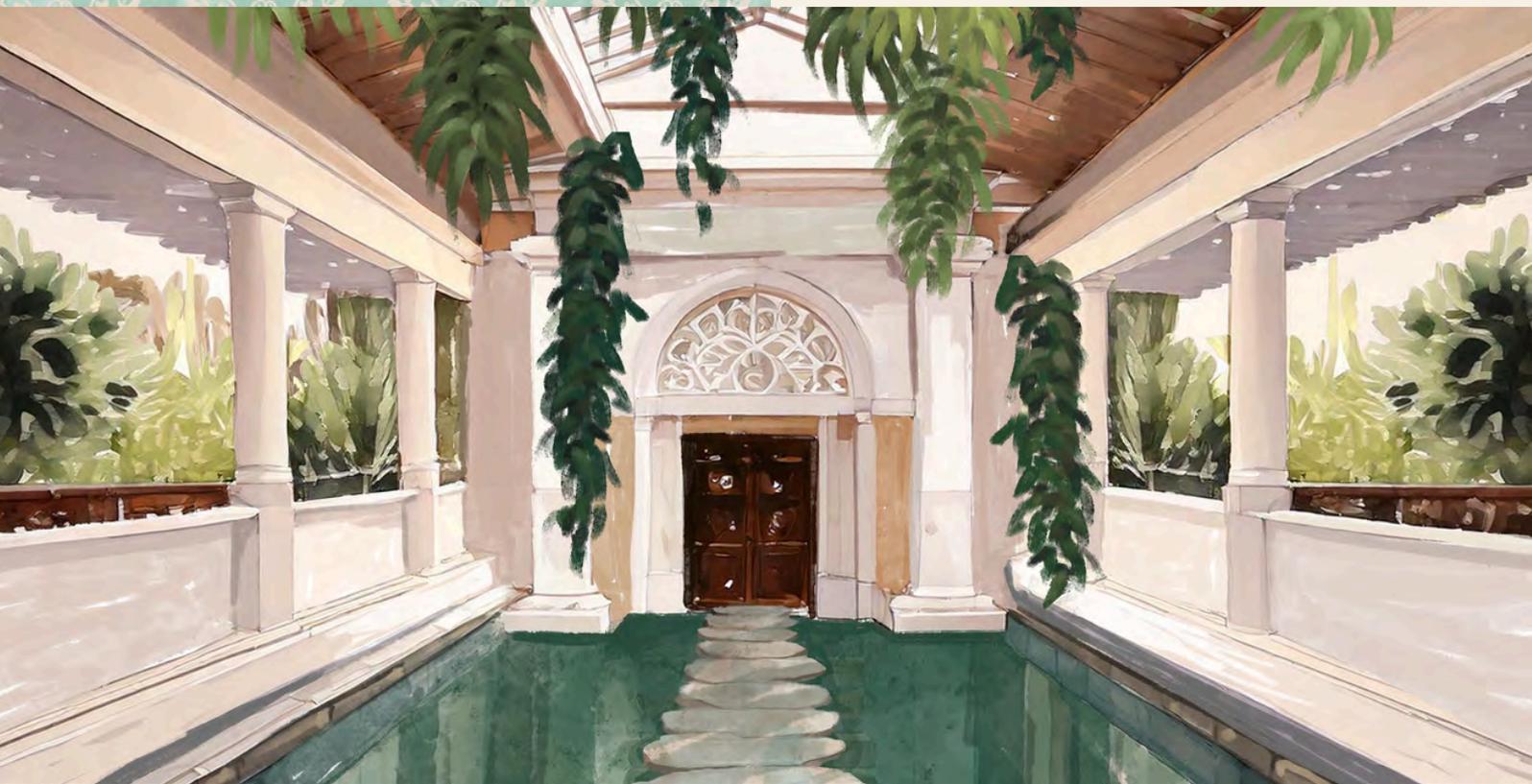
MAISON YOU

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.



TERRANAM WELLNESS

Terranam Wellness is located on the coast of Galicia, Spain, on the fringe of the Celtic world. Its retreats take place in a renovated manor house built in 1767, featuring beautifully appointed ensuite bedrooms and set in a peaceful oasis between mountains and sea.

Founded by Maria Garrido, who returned to her parents' homeland to slow the hectic pace of business life and reconnect with nature, Terranam Wellness was created to combine restorative wellness retreats with the unspoilt beauty of this region.



**TERRANAM WELLNESS
MENOPAUSE RETREAT**

Galicia, Spain

13 - 17th May, 2026
28 - 1st November, 2026



RESTORE, REBALANCE, AND REIMAGINE YOUR SECOND SPRING

TAKE BACK CONTROL AND CELEBRATE MIDLIFE MAGIC



The Terranam Wellness **Menopause Programme** is designed to optimize your biology and soothe your nervous system during this vital transition. Terranam provides a comprehensive roadmap based on holistic practices and conscious hormonal support.

Expertly curated to transform symptoms into signals of renewal, our retreat empowers you to navigate perimenopause and menopause with grace, strength, and renewed vitality.



WHY IT STANDS OUT

This programme is for you if you seek more than temporary fixes and desire a profound transformation of your hormonal health.

- **Hormonal Optimization:** Personalized protocols based on functional nutrition and strategic supplementation to balance body and mind.
- **Cellular Longevity:** Advanced techniques to reduce inflammation, improve bone density, and boost cardiovascular health.
- **Empowered Community:** A safe environment to share experiences and rediscover purpose in this stage of conscious maturity.



KEY EXPERIENCES:

- Daily yoga to improve strength and mobility, designed to protect bone density and muscle mass
- Anti-inflammatory cuisine with menus specifically created to reduce hot flashes and improve metabolism
- All-day smoothies, fruit, snacks and herbal teas.
- Guided activities in English and Spanish with certified instructors
- Reconnect with nature through activities such as hiking, boat rides and island hopping
- Sound Healing Ceremony in a converted chapel
- Enjoy a complimentary 60-min Massage



DETAILS & PRICING:

DATES:

5 days
 13 - 17th May, 2026
 28 - 1st Nov, 2026

LOCATION:

Terranam Wellness
 Galicia, Spain

PRICING:

from €2,170 based on a shared room

YOUR MAISON YOU BENEFITS:

- Room Upgrade





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Enjoy the following program as part of your 5 day stay.

Day 1:

- 3:00 pm: Welcome to the estate & room settlement
- Evening: Welcome dinner

Day 2:

- Morning: Awakening yoga, vegetarian brunch & menopause 101: The Basics
- Afternoon: Explore mountain hike & relaxing yoga
- Evening: Vegetarian dinner

Day 3:

- Morning: Awakening yoga, vegetarian brunch & symptoms relief: tailored to addressing your specific needs
- Afternoon: Relax
- Evening: Vegetarian dinner

Day 4:

- Morning: Awakening yoga, vegetarian brunch & midlife nutrition: how to nourish your body and use food to heal
- Afternoon: Explore ccean bay & relaxing yoga
- Evening: Celebration seafood & wine

Day 5:

- Morning: Awakening yoga, vegetarian brunch
- 12:00 pm: Departure into your new era of vitality



CONTACT US

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[@_maisonyou](https://www.instagram.com/_maisonyou)



www.maison-you.com

The journey inward is the greatest adventure of all

WELCOME HOME

