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WELCOME TO

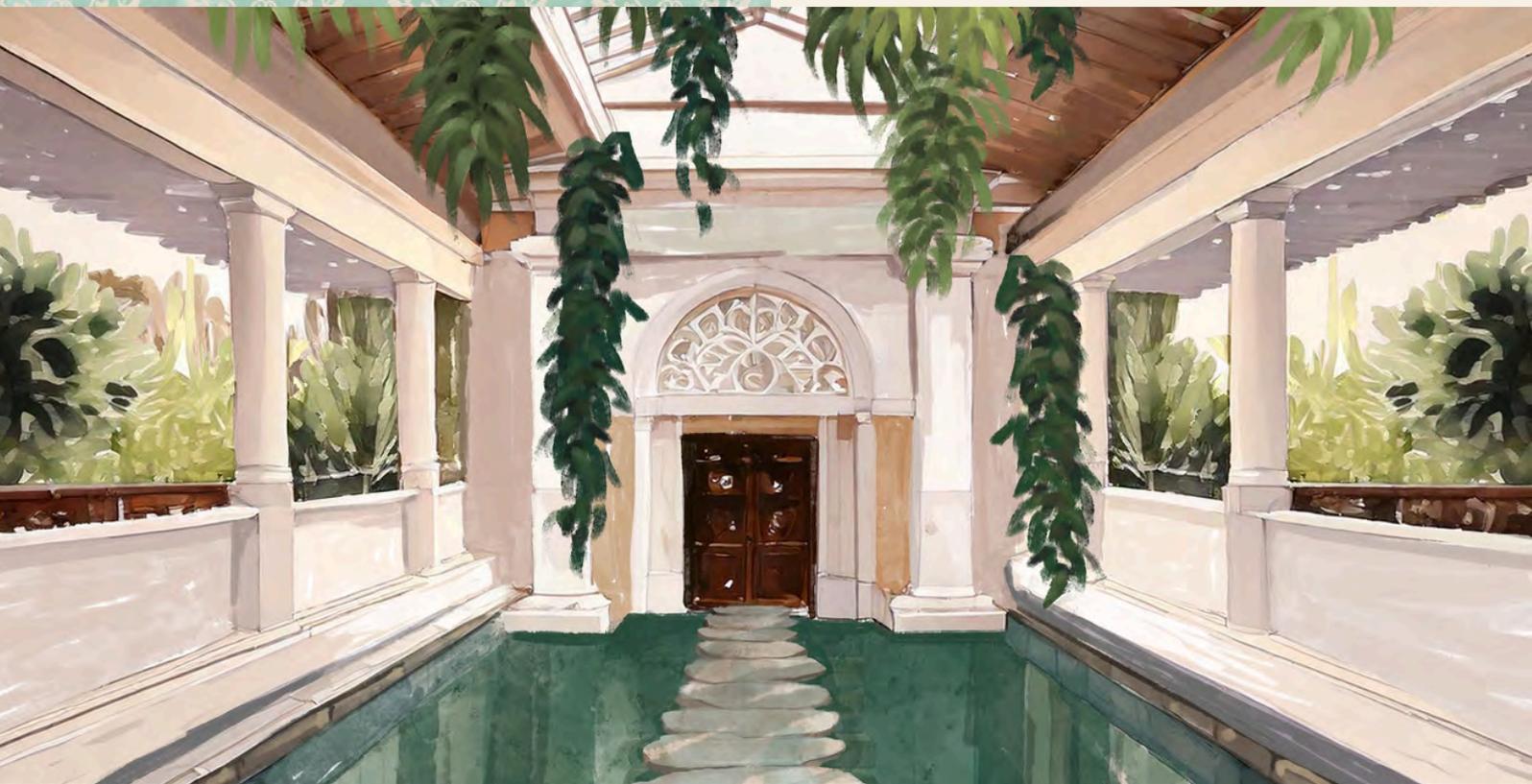
MAISON YOU

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.



EHA RETREAT

Eha is a design-led sanctuary where ancestral traditions, seasonal rhythms, and radical intimacy come together. A place to disconnect, reclaim your clarity, and return to a state of being in harmony with the natural world.

Far more than a destination: it's a living response to the land. Nestled within the UNESCO Biosphere Reserve of Hiiumaa Island, the retreat is surrounded by ancient forests, wild Baltic coastlines, and Europe's darkest, clearest skies. Architecturally woven into the landscape, Eha features reed-thatched suites and minimalist Nordic interiors designed to dissolve the boundaries between shelter and wilderness.

Guests are invited to nourish themselves with "forest-to-table" dining curated by Green Michelin Star chef Peeter Pihel, and a holistic spa where thermal rituals and sacred peat treatments are guided by the island's rhythm.



EHA RETREAT
MIDSUMMER VITALITY

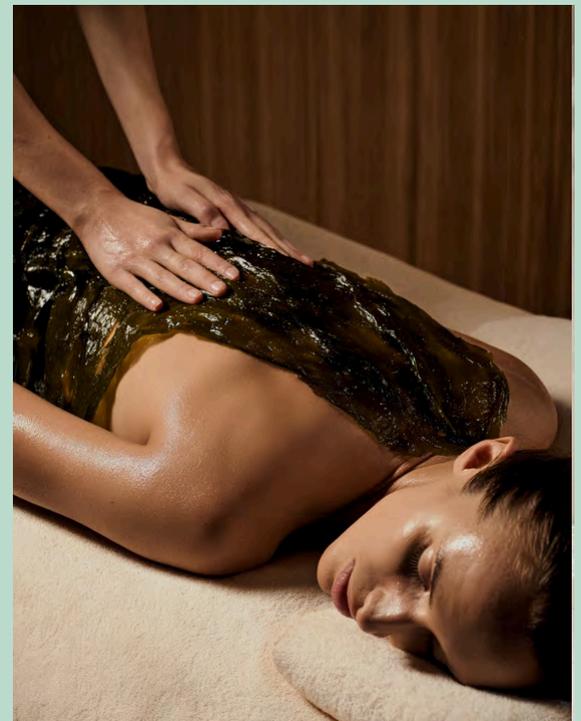
Hiiumaa Island
Estonia

6 days
30th August - 28th September, 2026



MIDSUMMER VITALITY

EMERGE WITH THE SEASON, EMBRACE RENEWAL,
AND STEP INTO TRANSFORMATION.



Midsummer Vitality is a celebration of warmth, radiance and vitality. Drawing on the energy of long, light-filled days and Estonia's golden summer glow, the programme combines dynamic movement, uplifting therapies and open space for reflection. Days stretch into evenings beneath near-endless light, inviting deep immersion in nature, playful exploration and reconnection.

Over six days, guests recharge through energising fitness sessions, cooling therapies, and nourishing meals. This programme is designed to reignite passions and restore physical and emotional vitality.



WHY IT STANDS OUT

Eha retreats are thoughtfully designed journeys of renewal, blending the rhythms of Hiiumaa’s seasons with practices that nurture mind, body, and spirit.

- **Emotional Freedom Tools:** Personal sessions such as EFT tapping therapy, facial massage and guided reflection encourage emotional release.
- **Seasonal Nutrition:** Workshops on hydration, nutrient density and local preservation techniques empower guests to support energy through food. Menus celebrate freshness, colour and the power of seasonal eating.
- **Vitality Schedule:** Take advantage of daily movement sessions, from high-summer outdoor fitness and guided forest immersion to cold plunges in the crisp Baltic Sea.



KEY EXPERIENCES:

- Explore the UNESCO Reserve: Wander through ancient Estonian forests, wild meadows, and the untamed Baltic coastline
- Sauna & Thermal Recalibration: Indoor and outdoor saunas, steam rooms, cold plunges, and hydrotherapy pools
- Wellbeing Treatments: Therapeutic rituals such as traditional Estonian massages, herbal compresses and energy-enhancing body therapies.
- Movement & Vitality: Join the daily wellness schedule featuring outdoor fitness, sunrise movement, and guided forest bathing
- Forest-to-Table Dining: Savor Green Michelin Star cuisine by Peeter Pihel
- Daily Workshops: Join guided workshops on ancestral crafts, seasonal foraging, or local preservation techniques
- Gardening & Nutrition – experiences in the organic kitchen garden with seasonal foraging
- Reflection: Guided sessions, from journaling to sound healing
- Embrace the White Nights: Participate in seasonal solstice events and twilight rituals under the golden Midsummer sky

DETAILS & PRICING:

DATES:

6 days / 5 nights
 30-4th September, 2026
 6-11th September, 2026
 13-18th September, 2026
 23-28th September, 2026

LOCATION:

Eha Retreat
 Hiiumaa Island, Estonia

PRICING:

from €8,475 based on single occupancy in a Lee Suite - includes all meals, full retreat treatments, and wellness workshops throughout your stay.

YOUR MAISON YOU BENEFITS:

- Welcome Gift on Arrival – a curated product from Shroomwell, a functional mushroom company based in Estonia, such as a soothing pillow mist or an energising elixir shot travel pack.





ITINERARY

Each day follows a natural rhythm, blending movement, nourishment and rest for balance and renewal.

Day 1 — Arrival & Settling In

- Welcome Seasonal Lunch
- Settling in time - re-energise in our thermal suite or set about discovering the retreat
- Individual Consultation - meet our therapy team to discuss your treatments
- Nature Immersion - guided daily nature discovery
- Reflection - Fireside Gathering - an evening of warmth and connection

Day 2 — Movement & Nature

- Morning Movement and Mindfulness - choose an energising outdoor pursuit such as cycling or trail running, yoga or Pilates
- Daily Nourishing Breakfast - a gentle awakening of the senses
- Workshop - Nutrition Talk - an accessible talk on how whole foods and mindful nutrition support sustained energy, hormonal balance and immune strength
- Body Movement - HIIT Activation
- Daily Treatment - enjoy a 50 minute treatment or consultation
- Self discovery - personal time to be nature or enjoy the thermal suite
- Daily Seasonal Lunch
- Nature Immersion - guided daily nature discovery
- Daily Chef-Crafted Dinner - an unhurried evening of communal dining
- Reflection & laughing meditation

Day 3 — Fitness & Reflection

- Daily Breakfast, Lunch and Dinner - a daily journey of seasonal dining
- Morning Movement and Mindfulness - choose an energising outdoor pursuit such as cycling or trail running, yoga or Pilates
- Workshop - Hydration Essentials Talk - a concise discussion on the role of hydration and mineral balance in cellular health, energy and detoxification
- Body Movement - HIIT Activation
- Daily Treatment - enjoy a 50 minute treatment or consultation
- Self discovery - personal time to be nature or enjoy the thermal suite
- Nature Immersion - guided daily nature discovery
- Reflection & Midsummer Gathering - seasonal gathering in honour of the solstice

CONTACT US

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www.maison-you.com



ITINERARY

Day 4 — Emotional Release & Tools

- Daily Breakfast, Lunch and Dinner: A daily journey of seasonal dining
- Morning Movement and Mindfulness - choose an energising outdoor pursuit such as cycling or trail running, yoga or Pilates
- Workshop - Fruit Farm Visit: Visit a nearby farm to gather seasonal fruits
- Daily Treatment: Enjoy a 50 minute treatment or consultation
- Self discovery: Personal time to be nature or enjoy the thermal suite
- Nature Immersion: Guided daily nature discovery
- Reflection - Laughing Meditation

Day 5 — Nature Connection & Creativity

- Daily Breakfast, Lunch and Dinner: A daily journey of seasonal dining
- Morning Movement and Mindfulness - choose an energising outdoor pursuit such as cycling or trail running, yoga or Pilates
- Workshop - Seasonal Jam Kitchen - a joyful kitchen session rooted in tradition.
- Body Movement - HIIT Activation
- Self discovery: Personal time to be nature or enjoy the thermal suite
- Nature Immersion: Guided daily nature discovery
- Reflection - Aromatherapy Reflection - guided by the natural power of essential oils, this session invites introspection and emotional release

Day 6 — Integration & Departure

- Morning Movement and Mindfulness - choose an energising outdoor pursuit such as cycling or trail running, yoga or Pilates
- Daily Nourishing Breakfast - a gentle awakening of the senses
- Self discovery: Personal time to be nature or enjoy the thermal suite
- Head for home



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The journey inward is the greatest adventure of all

WELCOME HOME

