



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

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.



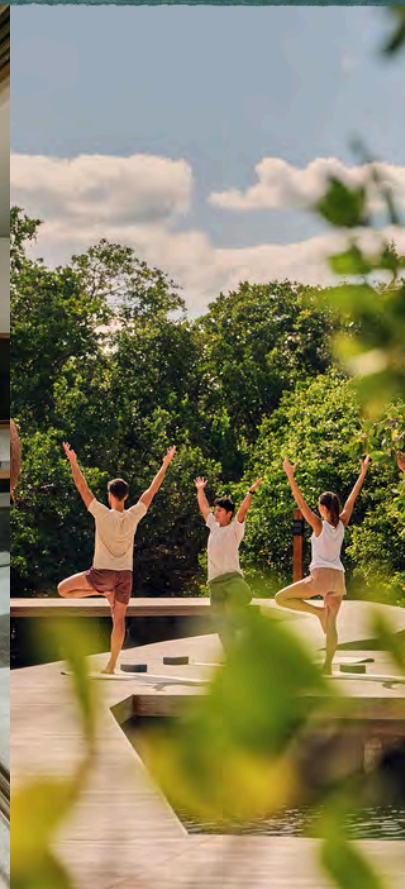
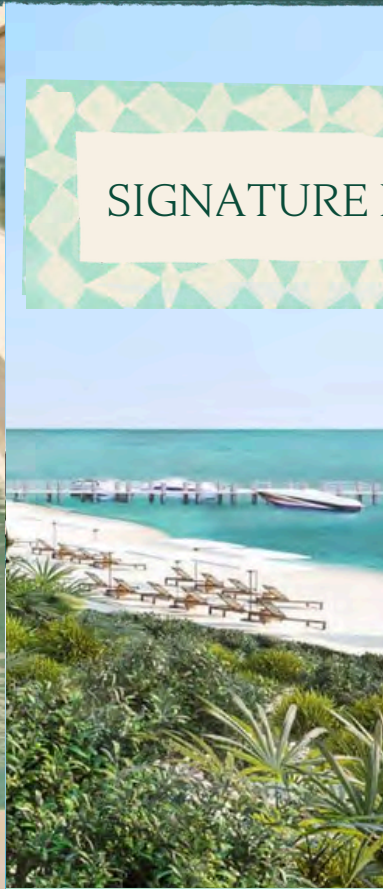
# SHA

Embark on a hyper-personalized, results-driven health journey with SHA, the world's leading brand in longevity and scientific wellbeing. Discover your potential at SHA's world-class destinations, where science and soul converge.

With nearly two decades at the forefront of health optimization, SHA blends cutting-edge longevity science with a vibrant, healthy lifestyle to create lasting vitality.

Offering an unmatched range of treatments and one-on-one sessions with experts across 50+ medical and holistic specialties, SHA combines state-of-the-art diagnostics, precision medicine, science-backed longevity protocols, innovative biohacking, and active living to foster a dynamic wellbeing community.

From the pristine Mexican Caribbean to the enchanting Spanish Mediterranean, SHA is the beginning of a transformative journey toward lifelong health.



## SIGNATURE EXPERIENCES

SHA MEXICO, CANCÚN, MEXICO  
YEAR-ROUND AVAILABILITY  
4, 7, 10, 14 NIGHTS

LEADER'S  
PERFORMANCE

SHA MEXICO, CANCÚN, MEXICO  
YEAR-ROUND AVAILABILITY  
7, 10, 14 NIGHTS

INTENSIVE  
DETOX & OPTIMAL  
WEIGHT

SHA MEXICO, CANCÚN, MEXICO  
YEAR-ROUND AVAILABILITY  
7, 10, 14 NIGHTS

ADVANCED  
LONGEVITY

SHA MEXICO, CANCÚN, MEXICO  
YEAR-ROUND AVAILABILITY  
4, 7, 10, 14 NIGHTS

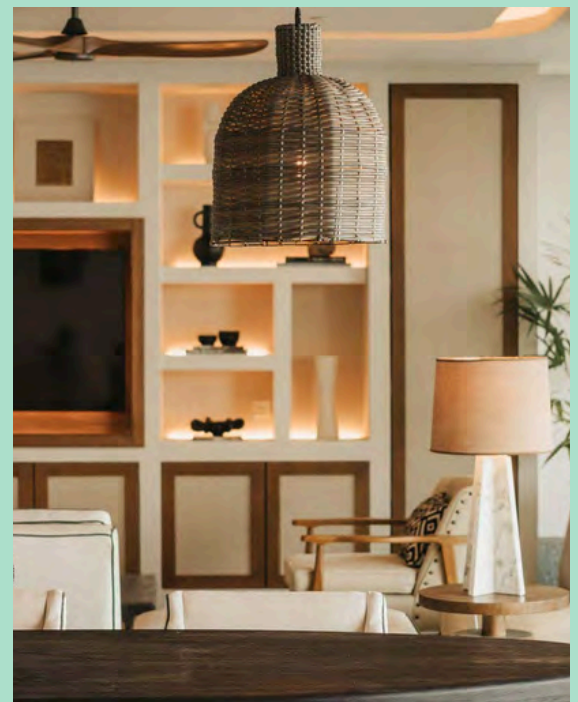
REBALANCE &  
ENERGISE



AN INNOVATIVE PREVENTATIVE APPROACH TO SLOW CELLULAR AGING

# ADVANCED LONGEVITY

A personalised wellness programme designed to enhance healthspan, prevent disease, and support graceful, energised ageing through next-generation medical science.



The **Advanced Longevity** program is designed to slow down cellular aging and enhance overall health. Through the stimulation and natural regeneration of various metabolic processes and systems, this preventive approach uses innovative functional medicine and longevity treatments to optimize health and promote longevity.

This program presents an innovative and comprehensive approach aimed at those looking to preserve optimal health and extend their vitality, using science-based strategies to slow down cellular aging and improve mitochondrial health.



## KEY EXPERIENCES:

Each itinerary is fully personalised based on your diagnostics, length of stay, and chosen programme.

Key elements of the experience may include:

- Medical: Comprehensive health checks, advanced preventative diagnostic testing, Consultation with longevity expert, Sexual Health consultation, Revitalising medicine consultation, Brain Photobiomodulation, Hypoxia session, Ozone Therapy, NAD therapy, tailored supplements and more
- Clinical Analyses: Well-aging biological profile
- Nutrition: Tailored nutrition plans with continuous monitoring by SHA experts
- Holistic Therapies: Colon hydrotherapy session, Osteopathy consultation
- Wellness Treatments: High-tech treatment tailored to your needs, Hydroenergetic healing, Advanced facial bespoke session, SHA detox therapy, Hydrotherapy circuit and more
- Fitness: VO2 Max, Personal Training sessions, Advanced Cellular Regeneration, Hyperbaric Chamber, Cryotherapy

Guests also enjoy complimentary access to a wide range of group activities, expert talks, nature walks, and wellness workshops.

Add-on packs are also available: Cognitive Boost, Quit Smoking, Sleep Well, Health Optimization Check-up, Women’s Health and Gut Health. Enquire directly for further details

## ITINERARY

Your itinerary will be fully customised after your medical intake and diagnostics. You will receive a detailed plan upon arrival, adapted throughout your stay as required.

## DETAILS & PRICING:

### DATES:

7, 10 or 14 nights / Year-Round

### LOCATION:

SHA Mexico  
Cancún, Mexico

### PRICING:


- \$8,800 (7-night program)
- \$11,000 (10 night program)
- \$13,700 (14-night program)

Excludes accomodation; final quote depends on length of stay and room selected.



## CONTACT US

[hello@maison-you.com](mailto:hello@maison-you.com)

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

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



# TREATMENT CONTENT

COMPARE THE DIFFERENT TREATMENT CONTENT FOR THE DIFFERENT LENGTH OPTIONS

## MEDICAL SERVICES

### HEALTH CHECK

- **Advanced Preventive Diagnostics**  
(Includes: body composition analysis, 3D body scanner, vital signs measurement, cognitive test, cardiovascular and nervous system analysis, glycation product accumulation, facial scanner)
- **Longevity expert consultations**  
(Initial, final, and online post-stay)
- **Post-stay medical follow-up consultation**
- **Sexual health consultation**
- **Urology or Gynaecology consultation**
- **Revitalising medicine consultation**
- **Dermoesthetic consultation**
- **Trichology consultation**
- **Neurocognitive assessment consultation**
- **Brain photobiomodulation treatment**  
1 session in Accomplish  
2 sessions in Advanced Progress  
2 sessions in Total Renewal
- **Hypoxia session**  
1 session in Accomplish  
2 sessions in Advanced Progress  
2 sessions in Total Renewal
- **Ozone therapy session**  
1 session in Accomplish  
2 sessions in Advanced Progress  
Not included in Total Renewal
- **NAD therapy shot**
- **Dental health diagnosis including full cleaning**
- **Orthopantomography**
- **SHA nutritional supplement tailored to your goals**  
3 units in each programme

## CLINICAL ANALYSES

- **Well-aging biological profile (88 key markers)**
- **Oxytest (oxidative stress test)**

## HOLISTIC HEALTH

- **Colon hydrotherapy sessions**  
2 sessions in each programme
- **Osteopathy consultation and session**  
1 session in Accomplish  
1 session in Advanced Progress  
2 sessions in Total Renewal

## HEALTHY DIET

- **Consultation with a medical nutrition specialist**
- **Tailored meal plan**
- **Natural therapeutic drinks (as prescribed)**
- **Nutritional monitoring during your stay**
- **Personalised health plan**

## HEALTHY LIVING ACADEMY

**Free access to group activities**  
(Talks, holistic workshops, fitness sessions, nature walks, healthy cooking demos)

## WELLNESS

- **High-tech treatment tailored to your needs**  
1 session in Accomplish  
2 sessions in Advanced Progress  
4 sessions in Total Renewal
- **Hydroenergetic healing treatment detox**  
(Hydroaromatherapy, phytofangothrapy, hydrojet)  
1 session in Accomplish  
1 session in Advanced Progress  
2 sessions in Total Renewal
- **Advanced facial bespoke session**  
1 session in Accomplish  
1 session in Advanced Progress  
Not included in Total Renewal
- **SHA Detox Therapy**  
1 session in Accomplish  
1 session in Advanced Progress  
2 sessions in Total Renewal
- **Body Wrap Firming Perfection session**  
1 session in Accomplish  
1 session in Advanced Progress  
2 sessions in Total Renewal

Access to the Hydrotherapy Circuit (guided)

**Included in: Accomplish, Advanced Progress, Total Renewal**

## MIND AND BODY

- **Stress management session**  
1 session in Accomplish  
1 session in Advanced Progress  
2 sessions in Total Renewal
- **Private body and mind discipline session with a holistic expert**  
(Yoga, meditation, mindfulness, pranayama)  
1 session in Accomplish  
2 sessions in Advanced Progress  
2 sessions in Total Renewal

## PHYSICAL FITNESS

- **VO2 Max test (cardiopulmonary capacity assessment)**
- **Personal training session (tailored disciplines)**  
1 session in Accomplish  
2 sessions in Advanced Progress  
3 sessions in Total Renewal
- **Advanced Cellular Regeneration Therapy**  
2 sessions in Accomplish  
2 sessions in Advanced Progress  
3 sessions in Total Renewal
- **Hyperbaric chamber session**  
1 session in Accomplish  
2 sessions in Advanced Progress  
2 sessions in Total Renewal
- **Cryotherapy session**  
2 sessions in Accomplish  
2 sessions in Advanced Progress  
3 sessions in Total Renewal

WELCOME HOME

