



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.

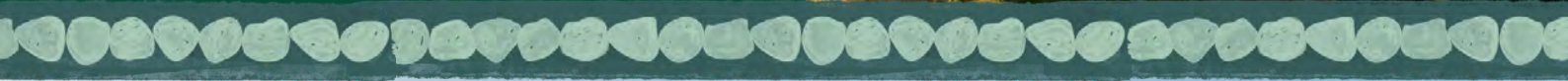


EHA RETREAT

Eha is a design-led sanctuary situated on the remote Estonian island of Hiiumaa; where ancestral traditions, seasonal rhythms and peaceful tranquility come together. A place to disconnect, reclaim your clarity, and return to a state of being in harmony with the natural world.

Nestled within an UNESCO Biosphere Reserve, 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 with 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 while a thermal suite provides space to reset and detox, with treatments guided by the island’s rhythm.



AUTUMN INNER BALANCE

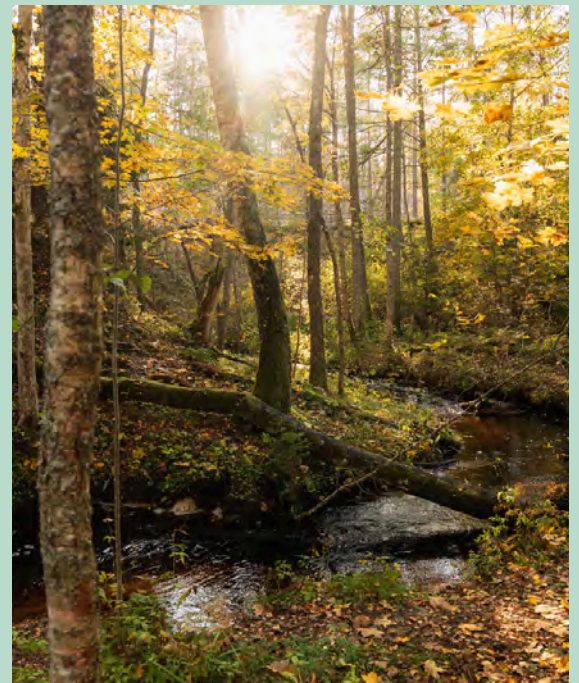
Eha Retreat
Hiiumaa Island, Estonia

5 nights
7th September - 28th November, 2026



AUTUMN INNER BALANCE

AUTUMN IS FOR LETTING GO
EMBRACE RENEWAL
EMERGE WITH THE SEASON
STEP INTO TRANSFORMATION



The Autumn Inner Balance retreat at Eha reflects the shift in seasons as a time to refine and release, in preparation for the stillness of winter. Drawing on the energy of golden trees and the crisp air of Estonia's shifting light, the programme combines restorative rituals to nourish the nervous system, calm the mind and strengthen emotional resilience.

Each day guests will begin with grounding Qi Dong and yoga before being immersed in the forest through guided trails, sauna rituals, foraging workshops and fermentation classes. Therapeutic therapies include a Singing Bowl Sound Massage and Peat Body Wrap to nourish the mind, body and soul. This programme is designed to cultivate clarity and restore inner balance in harmony with the land.



WHY IT STANDS OUT

Eha is where wellness is a lived rhythm, not a prescribed regime. Nature is not a backdrop, it's a collaborator. Design creates clarity, not distraction. Food is ritual, medicine and connection.

- **Thermal Suite:** Rooted in Estonian sauna culture, explore the indoor and outdoor saunas, steam rooms, cold plunges and hydrotherapies to support the body's natural detoxification processes while enjoying expansive views of the Baltic Sea.
- **Functional Nutrition:** Food at Eha is an experience of place. Guided by the seasons and local traditions, menus are curated by a Green Michelin Star chef with ingredients sourced from the Eha organic kitchen garden.
- **Nature Immersion:** Enjoy a forest tea ceremony or guided walk through the estate and reconnect your senses to clarity and calm.



KEY EXPERIENCES:

- Wander through the UNESCO Reserve’s golden trees, wild meadows, and the untamed Baltic coastline as the island transitions through the seasons.
- Embrace the stillness of your own sanctuary; each room is designed with calming natural materials and includes herbal teas, essential oils and a desk for journaling during your experience.
- Savour conscious food with Green Michelin Star cuisine by Chef Peeter Pihel, focused on seasonal purity and nourishment.
- Borrow a bicycle or stand-up paddleboard to actively explore Hiiumaa Island.
- Enter the Thermal Suite and use the floating room to suspend the body in warm water and balance without force.
- Enjoy therapeutic treatments including a microbiome balance facial and traditional Estonian massages using local herbal wisdom.
- Explore the boutique offering curated essentials and local finds.

DETAILS & PRICING:

DATES:

6 days / 5 nights

- 07-12th September, 2026
- 28-3rd October, 2026
- 12-17th October, 2026
- 28-31st October, 2026
- 09-14th November, 2026
- 23-28th November, 2026

LOCATION:

Eha Retreat
Hiiumaa Island, Estonia

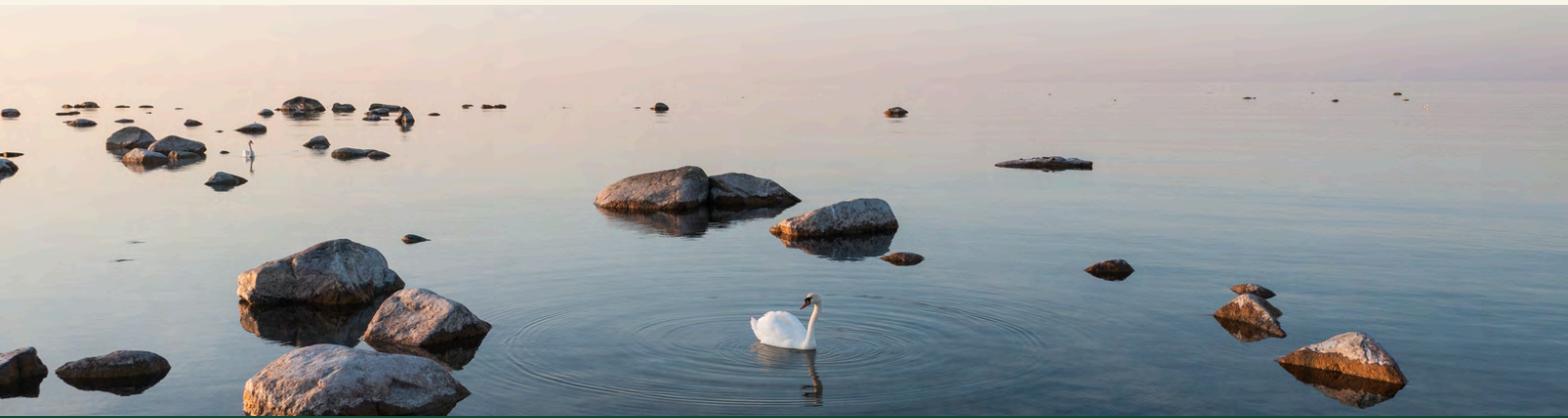
PRICING:

Autumn Inner Balance retreat with full board from €6,900 single occupancy or €9,950 based on two sharing.

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.





EXAMPLE RETREAT DAY

Eha is founded on the belief that wellbeing is personal, not prescriptive. Your personalised schedule for private daily treatment and wellness sessions will be provided following your arrival-day wellness consultation. Join the sessions that inspire you, indulge in additional treatments or one-to-one consultations, or simply wander, rest, and move at your own pace.

Morning Movement

Daily sessions include grounding qi gong, yoga, energy and fascia flow, morning walk or run and strength practice. Beginning the day supporting your circadian rhythm, nervous system calibration and lymphatic flow.

~Breakfast~

Workshop or Farm Visit

Each day features a seasonal learning experience. Autumn workshops include functional mushroom & mindful eating, foraging and fermentation workshops led by Peeter Pihel and our culinary team in the Eha Kitchen.

Private Wellness Session or Free Time

Throughout the retreat you will receive one Eha signature treatment or private wellness consultation per day, personalised for you. These include singing bowl sound massage, peat wrap, microbiome balance facial and a North Star alignment session.

~Lunch~

Private Wellness Session or Free Time

When not in a personalised private session, you are welcome to explore a range of onsite experiences. Relax in our thermal suite surrounded by Hiiumaa's serene coastal landscape, sign up for self-led Dune or float room experiences, or join guided activities including forest walks and traditional sauna rituals led by our Ranger & Cultural Lead.

~Dinner~

Evening Gatherings

Group evening sessions ease you into deep rest and renewal, drawing up the natural rhythms of Autumn. These include sound journeys, gentle flow breath-work, guided meditation, and fireside storytelling.

In Room | Olo guided sleep meditation

CONTACT US

hello@maison-you.com

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



www.maison-you.com

The journey inward is the greatest adventure of all

WELCOME HOME

