

The image is a vertical collage. At the top, a green and white striped border runs across the width. Below this, the background is a lush outdoor scene with tall grasses, trees, and a modern building with a tan facade. In the foreground on the left, a table is covered with a pink and white checkered tablecloth, set with various dishes, including a bowl of strawberries and a vase of flowers. In the foreground on the right, a portion of a sofa with a purple and white geometric pattern is visible. The text 'MAISON YOU' is centered in the middle of the image in a white, serif font.

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.



## 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.



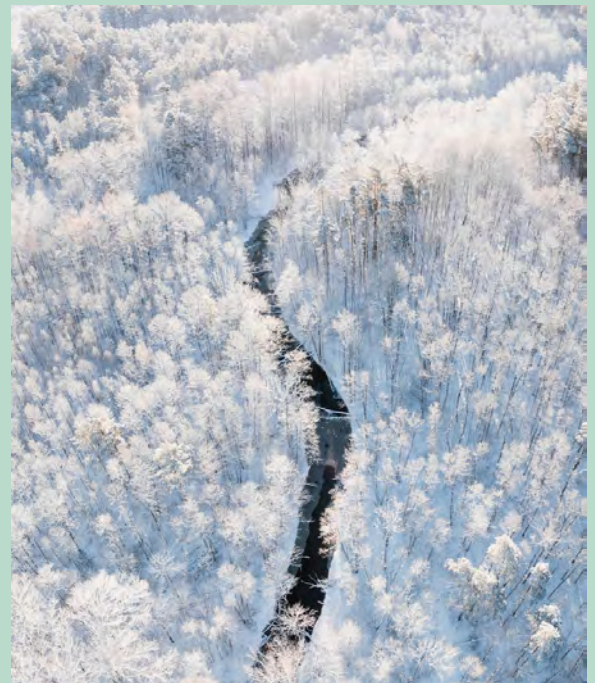
**WINTER SLEEP AND STILLNESS**

Eha Retreat  
Hiiumaa Island, Estonia

5 nights  
07 Dec 2026 - 27 Feb 2027

## WINTER SLEEP AND STILLNESS

WINTER IS FOR RESTING DEEPLY  
SLOW DOWN, TURN INWARD  
ALLOW THE BODY TO TRULY RECOVER



The Winter Sleep and Stillness retreat at Eha is guided by nature's quietest season, where guests are invited to embrace stillness as a practice and rest as a form of strength. With its focus on sleep restoration and nervous system regulation, the retreat weaves together movement with red light, immersive thermal rituals and restorative therapies to support the body's essential repair processes.

Each day guests will begin with grounding Qi Dong and yoga under Red Light, before being immersed in the forest through guided trails, sauna rituals and bone broth workshops. Therapeutic treatments include a warm botanical oil massage and sound journey to nourish the mind, body and soul. This programme is designed to slow down, turn inward and allow the body to truly recover.



**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 dusk lantern walk through the estate and reconnect your senses to clarity and calm.



## KEY EXPERIENCES:

- Wander through the UNESCO Reserve’s ancient 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

07-12 December 2026

28 - 02 January 2027

25 - 30 January 2027

08 - 13 February 2027

24 - 27 February 2027

### LOCATION:

Eha Retreat  
Hiiumaa Island, Estonia

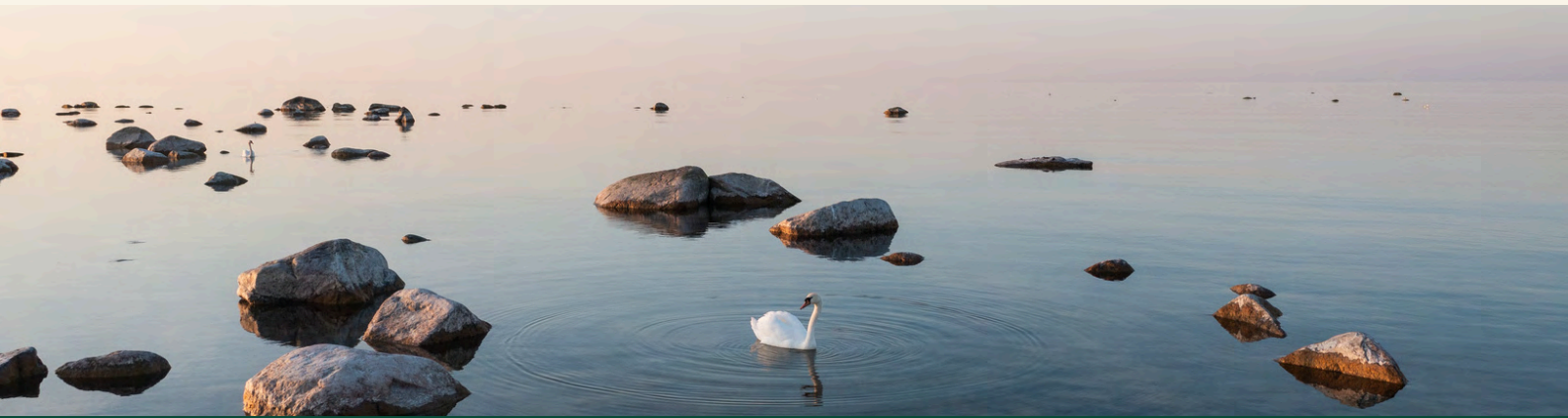
### PRICING:

Winter Sleep and Stillness retreat with full board from €6,900 single occupancy or €9,950 based on two sharing in Ruha Junior Suite.

### 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 under Red Light include grounding qi gong, yoga, lymphatic and fascia flow. 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. Winter workshops include the Power of Sleep workshop, and a Winter bone broth workshop with 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 warm botanical oil massage, honey wrap or nourishing cocoon facial.

### **~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 the thermal suite surrounded by Hiiumaa's serene coastal landscape, sign up for self-led Dune or float room experiences, or join guided activities including dusk lantern walk and a guided traditional sauna ritual for sleep led by our Ranger and Sauna Master.

### **~Dinner~**

### **Evening Gatherings**

Group evening sessions nurture deep rest and restorative calm in Hiiumaa's unique Winter embrace. These include: sound journey, yoga nidra, fireside and fireside storytelling.

### **In Room | Olo guided sleep meditation**

## CONTACT US

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

The journey inward is the greatest adventure of all

WELCOME HOME

