



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.

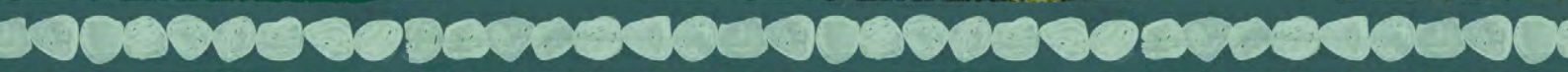
AT MAISON YOU, YOU ARE THE PURPOSE.



DATU WELLNESS

For a limited time each year, Datu Wellness brings the authenticity of Ayurveda, Yoga, and ancient Eastern healing arts to the Amalfi Coast. In a quiet fold, where sea and stone meet in long silence, these immersive retreats offer a rare opportunity to experience world-renowned Vaidyas, yoga masters, and healers, without traveling to India or Tibet.

Datu, which means “to share” in Sanskrit, embodies the team’s vision of offering transformative care and timeless wisdom in a setting of beauty, serenity, and comfort.



A RETURN TO BALANCE

Datu
Amalfi Coast, Italy

7 nights
19th October - 23rd November 2026



A RETURN TO BALANCE: AYURVEDA RETREAT

THIS IS NOT A WELLNESS RETREAT IN THE MODERN SENSE.
IT IS AN INVITATION INTO A SLOWER WAY OF BEING



Daily schedules during the retreat follow a nourishing cadence, balancing structure with spaciousness. Therapeutic sessions are complemented by Yoga Sadhana, art-based therapies and moments of quiet integration. Whether gathered around a morning fire ritual or resting in stillness within the estate's lush gardens.

Expect accommodation which is elegant yet relaxed, with whitewashed walls, tiled ensuites, and expansive windows framing views of the Amalfi Coast and Capri. This is not a typical retreat, but an invitation to slow down, listen deeply, and let practice become a natural, integrated part of life.



WHY IT STANDS OUT

Unlike urban wellness studios or generic spa retreats, Datu is fully guided by traditional Ayurvedic and Yogic sciences.

Drawing on classical traditions of Ayurveda, the retreat is designed to support deep rest and inner rebalancing. Guests benefit from individual consultations with seasoned Vaidyas, followed by personalised treatments; with oil-based therapies, TCM, to subtle bodywork and breath-led practices. The practitioners are not personalities at the centre of things. They are companions in the work of tending, their knowledge is not displayed; it is offered gently.



KEY EXPERIENCES:

- Pre-arrival Ayurvedic wellness & diet consultation to support deep rest and inner rebalancing
- Daily group classes including art based therapies, Ayurvedic cooking and apothecary lessons
- Personalised Ayurvedic and holistic treatments
- Sound healing, Raag therapy, chanting and satsangs
- Local cultural excursions
- Full-board Ayurvedic cuisine based on local abundance - light, clean and seasonal
- Natural wellness attire for use during the retreat

DETAILS & PRICING:

DATES:

7 nights / 19th - 26th October 2026
7 nights / 28th October - 4th November 2026
7 nights / 7th - 14th November 2026
7 nights / 16th - 23rd November 2026

LOCATION:

Datu, Salerno, Amalfi Coast, Italy

PRICE:

£2,600 per person based on double occupancy in a Dharma Villa with Sea View Terrace, or £3,500 for single occupancy.

Prices include full retreat programme and all inclusive meals.

MAISON YOU BENEFITS

- Complimentary Ayurvedic treatment



CONTACTUS

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www.maison-you.com

WELCOME HOME

