



MAI SON YOU

WELCOME TO

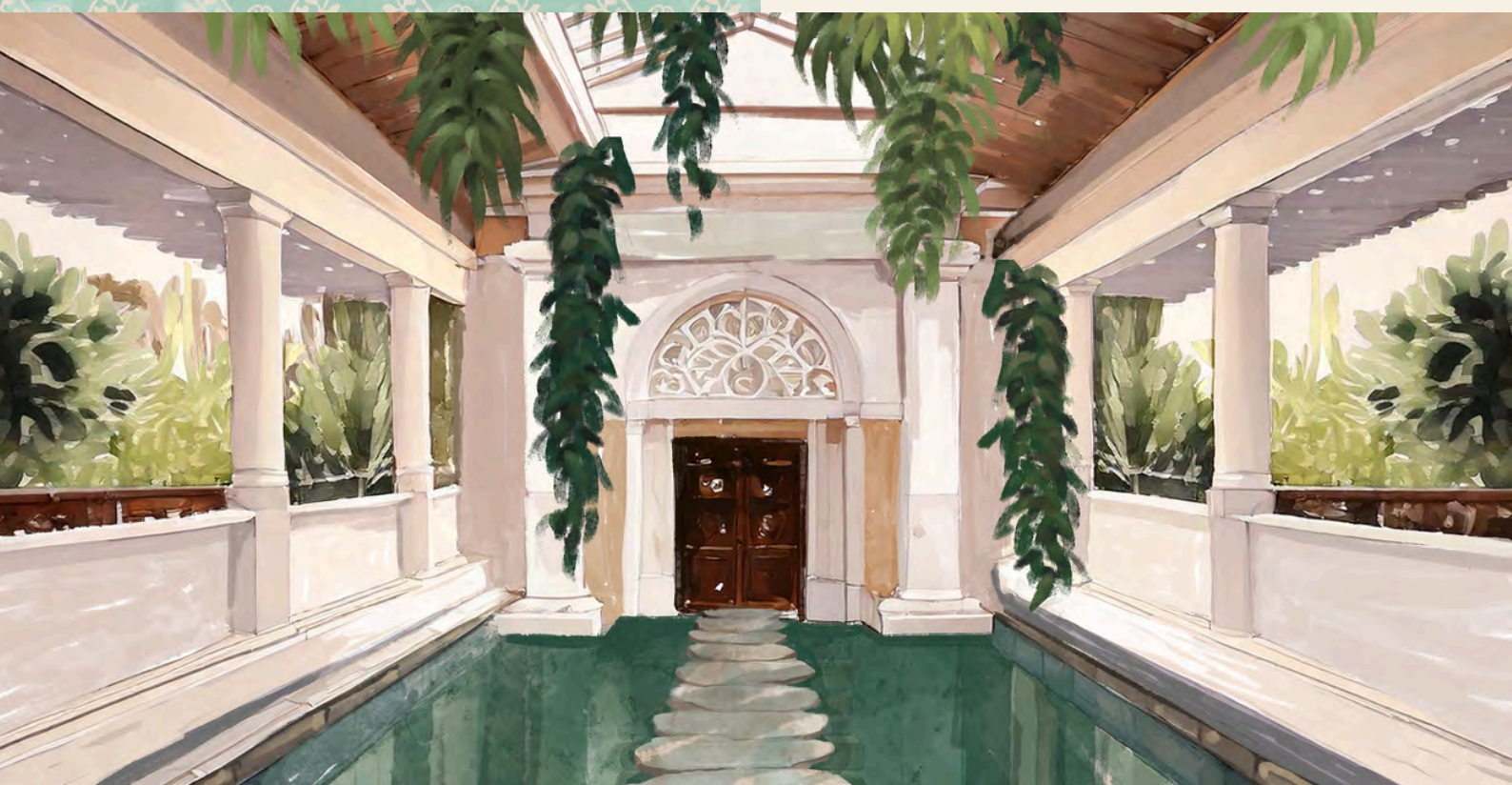
MAISON YOU

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.



TULÂH

Set in the lush and verdant forests of Kerela, Tulâh is a purpose built sanctuary for healing. Inspired by the natural world, the architecture of Tulâh flows through soft curves, light and landscape, creating spaces that feel calm, open and deeply connected to nature.

At Tulâh every journey is highly personalised. Wellness and clinical retreats begin with comprehensive consultations and advanced diagnostics with a multi-disciplinary team of experts. Your journey at Tulâh is then crafted uniquely to serve your aspirations and goals, with precise insights into your physiology and life story.

The extensive estate offers plentiful and varied opportunities to take part in sports, relaxation or connecting with the peaceful and picturesque natural setting.



GUT AND IMMUNITY RESTORE

Tulâh
Kerela, India

14 - 21 nights
Year-Round

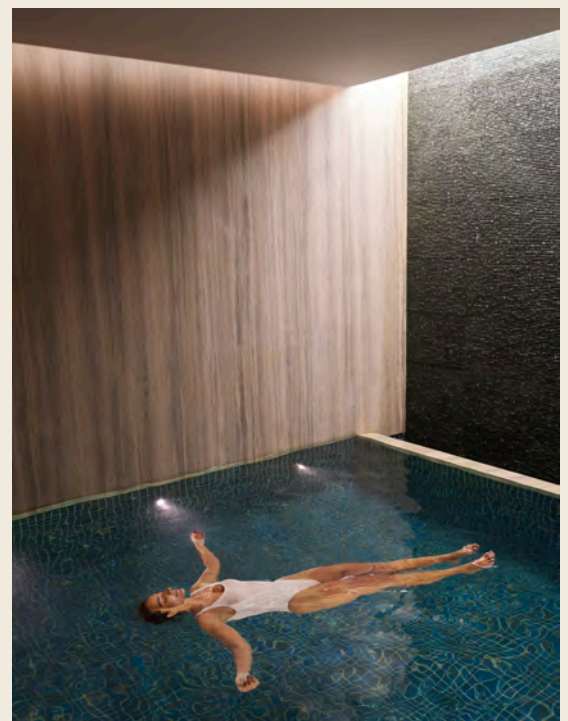
GUT IMMUNITY RESTORE

REBUILD THE BODY'S FOUNDATION
REPAIRING INTESTINAL INTEGRITY
CALMING IMMUNE OVERACTIVITY
RESTORING MICROBIAL HARMONY



Designed for those with recurring digestive issues such as IBS, food intolerances, chronic bloating or who experience frequent infections, slow recovery and persistently low immunity, the **Gut and Immunity Restore** programme strengthens gut integrity, calms inflammation and returns the immune system to harmony.

The consequences of a weakened gut range from persistent fatigue, allergies, auto-immune tendencies, dermatological disturbances and mood swings. This retreat rebuilds the body's foundation by repairing intestinal integrity, calming immune overactivity and restoring microbial harmony; thereby renewing clarity, energy, and resilience from within.



WHY IT STANDS OUT

This is a tailored experience for those suffering from a weakened gut where microbiome balance is compromised provoking inflammation, immune overactivity and hormonal imbalances.

- **Personalised Nutrition:** Optimising gut microbiota balance through targeted pre- and pro-biotic food combinations, enhancing nutrient absorption, reducing inflammation and strengthening immune resilience.
- **Ayurvedic Digestive Therapies:** Panchakarma-inspired treatments strengthen Agni (digestive fire), clear Ama (metabolic residue) and soothe mucosal inflammation to restore gut integrity and calm immune reactivity.
- **Movement & Embodiment:** Gentle movement, yogic detox and mindful breathing improve circulation and enhance lymphatic flow.



KEY EXPERIENCES:

- Doctor consultations covering modern medicine, ayurveda and functional health alongside a nutritionist, psychologist, fitness expert and physio will undertake detailed diagnostics to create your personalised path to recovery and resilience
- Feel nourished with a tailored meal plan of seasonal, freshly prepared plant-based dishes, ethically sourced seafood and meats
- Mind-Body-Energy treatments include acupuncture and meridian therapies with mindfulness, breathwork, and psychological dialogue
- Enjoy four physiotherapy sessions in the hyperbaric oxygen chamber or cryotherapy
- Make the most of exclusive sport facilities including padel and golf, or take part in daily group sessions such as yoga, pilates, kayaking, paddleboarding, a cooking class or excursions
- Pre-departure and follow-up consultations help to keep you on track beyond your visit

DETAILS & PRICING:

DATES:

14 or 21 nights
Year-round

LOCATION:

Tulāh
Calicut, Kerela, India

PRICING:

Choose from a Wellness or Clinical programme depending on your level of personal requirements.

Wellness:

14 nights from \$29,400 for two people sharing a Sanctuary Room, or \$17,500 for single occupancy.

Clinical:

14 nights from \$40,600 for two people sharing a Sanctuary Room, or \$23,100 for single occupancy.

Pricing includes retreat programme, accommodation and tailored full-board meals.





YOUR JOURNEY

Your experience begins before you arrive with a health and wellness consultation with a physician and personalised pre-arrival preparation guidelines.

During your 14 night Wellness stay you benefit from four consultations with a doctor, three with a nutritionist and one each with a psychologist and physio. The week is based around six pillars:

Diagnostics: Advanced assessments identify microbiome imbalance, gut permeability and immune activation.

Personalised Nutrition: Tailored nutrition optimizes gut microbiota balance through targeted pre- and pro-biotic food combinations, enhancing nutrient absorption, reducing inflammation and strengthening immune resilience.

Ayurvedic Digestive Therapies: Panchakarma-inspired treatments strengthen Agni (digestive fire), clear Ama (metabolic residue), and soothe mucosal inflammation to restore gut integrity and calm immune reactivity. These therapies rebalance digestive rhythm and immune stability through personalized detox and rejuvenation practices.

Functional Medicine Integration: Evidence-based protocols address dysbiosis and intestinal permeability through probiotics, glutamine, and detoxification pathways, rebuilding the gut barrier and recalibrating immune tolerance.

Mind-Body-Energy Integration: Bridging Eastern and Western perspectives, this integrative approach combines acupuncture and meridian therapies with mindfulness, breathwork, and psychological dialogue. Together, they release emotional tension, regulate stress pathways, and restore communication between the brain and the gut - balancing digestion, immunity and emotional wellbeing.

Movement & Embodiment: Gentle movement, yogic detox and mindful breathing improve circulation, enhance lymphatic flow and stabilize neuro-immune signaling, helping the body integrate physical and emotional balance.

A pre-departure assessment and follow-up consultation ensure a continuation of best practice.

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

