



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.



EXECUTIVE RECHARGE

Tulâh
Kerela, India

7 - 21 nights
Year-Round



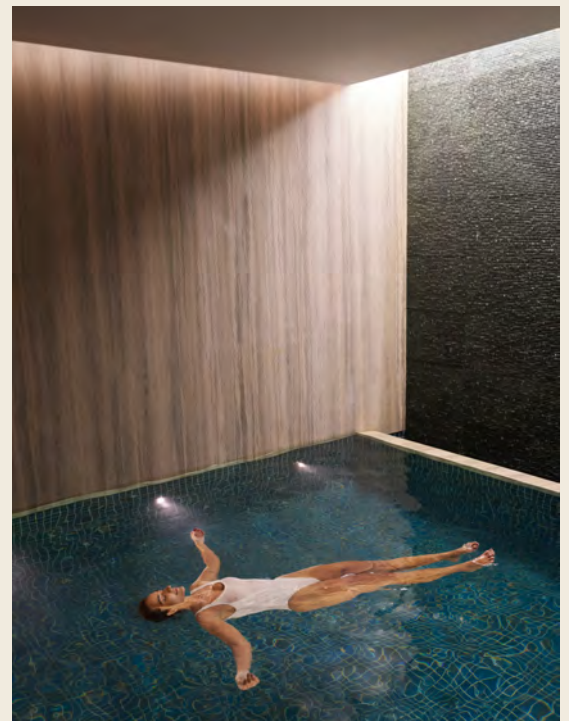
EXECUTIVE RECHARGE

STEP OUT OF OVERDRIVE
RESTORE YOUR NATURAL RHYTHM
ENERGY, PRESENCE AND CALM



Designed for leaders and high performers seeking clear thinking, steady energy and inner equilibrium, the **Executive Recharge** retreat recognises how pace, pressure and constant connectivity can fragment focus, deplete vitality and dull creativity.

Through a precise yet nurturing approach, the specialists at Tulâh align your sleep, movement, nutrition and nervous system with the life you actually live. Each day unfolds with practices that renew clarity and resilience, helping you feel rested, focused and deeply recharged, ready to lead with balance and intention.



WHY IT STANDS OUT

This is a tailored experience for those suffering from constant travel and persistent jet lag or chronic stress and burnout. The collective expertise and setting at Tulāh provides a sanctuary for recovery.

- **Ayurvedic & Eastern Therapies:** Soothing Ayurvedic treatments and acupuncture-based meridian therapies ease muscular and mental tension, regulate Qi and counter the effects of overwork.
- **Psychology & Vedanta:** Guided sessions draw on a philosophy of awareness to help leaders reset mental patterns, strengthen boundaries and reconnect with clarity of thought and purpose.
- **Circadian Reset & Lifestyle Design:** Targeted light exposure, structured rest and nutrition alignment recalibrate the body's natural rhythm.



KEY EXPERIENCES:

- Doctor consultations covering modern medicine, ayurveda and functional health alongside a nutritionist, psychologist, fitness expert and physio will create your personalised path to recovery and resilience
- Mind-Body-Energy treatments include sound healing, Reiki, Traditional Chinese Medicine and breathwork
- Release fatigue accumulated from travel and sustained stress with Ku Nye, Shiatsu, Watsu and Reflexology
- Enjoy two physiotherapy sessions in the hyperbaric oxygen chamber or cryotherapy
- Feel nourished with a personalised meal plan of seasonal, freshly prepared plant-based dishes, ethically sourced seafood and meats
- 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:

7, 14 or 21 nights
Year-round

LOCATION:

Tulân
Calicut, Kerala, India

PRICING:

7 nights from \$16,800 (USD) for two people sharing a Sanctuary Room, or \$9,800 (USD) for single occupancy.

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

YOUR MAISON YOU BENEFITS:

- TBC





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 7 night stay you benefit from three consultations with a doctor, two with a nutritionist and one each with a psychologist and physio. The week is based around six pillars:

Rhythm & Recovery Assessment: To evaluate circadian rhythm, sleep quality, cognitive load and stress patterns.

Ayurvedic & Eastern Therapies: Soothing Ayurvedic treatments and acupuncture-based meridian therapies ease muscular and mental tension, regulate Qi and counter the effects of overwork. Ku Nye, Shiatsu, Watsu and Reflexology restore energetic balance and release fatigue accumulated from travel and sustained stress.

Movement & Resilience Training: Restorative Iyengar postures, mindful mobility and focused strength sessions cultivate body awareness and endurance designed to integrate seamlessly into demanding schedules.

Breathwork & Biofeedback: HRV-guided breathing, pranayama and relaxation techniques regulate the autonomic nervous system, calming stress while enhancing focus, recovery, and sleep depth.

Psychology & Vedanta: Guided sessions draw on applied psychology and Vedanta's philosophy of awareness to help leaders reset mental patterns, strengthen boundaries and reconnect with clarity of thought and purpose. The process cultivates composed focus, emotional steadiness and a renewed sense of direction.

Circadian Reset & Lifestyle Design: Targeted light exposure, structured rest and nutrition alignment recalibrate the body's natural rhythm, sustaining energy, cognitive sharpness and long-term productivity.

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

CONTACT US

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The journey inward is the greatest adventure of all

WELCOME HOME

