



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.



SIX SENSES IN DOURO VALLEY

Six Senses estate in the Douro Valley occupies a 19th-century manor building, sitting high on a hill overlooking vine-covered terraces with the Douro river gently flowing at its feet.

The manor has been beautifully restored, with contemporary interiors reflecting both the region's rich heritage and the unique Six Senses design values. Comfortable rooms and spacious suites combine natural materials and authentic Portuguese design, with huge windows making the most of far reaching views.

Life here unfolds in harmony with nature: nourishing cuisine crafted from organic produce, holistic spa therapies, yoga and meditation, and guided walks through the UNESCO-listed valley. Ideal for those seeking rest, reflection and renewal, Six Senses Douro Valley offers not just a retreat, but an invitation to realign body, mind and spirit in one of Europe's most tranquil landscapes.



RESET AND RECONNECT

Six Senses
Douro Valley, Portugal

3 nights
November 2026 - March 2027



RESET AND RECONNECT

A CONCIOUS PAUSE



The Douro changes throughout the day. Morning mist sits low between the terraces, the river carries the light differently each hour, and evenings arrive slowly. This three-night retreat takes place within that rhythm, beginning on arrival evening with a fire ceremony and shared dinner. From there, the next two days follow a gentle structure that balances movement, rest, treatments and time outdoors.

This retreat suits those seeking a few days of conscious pause, away from routine, who value time spent in nature, moments of quiet, and meals shared as a group. It is equally suited to those who wish to reconnect with their own pace and privacy. No previous experience with yoga or wellness practices is required and all newcomers are warmly welcomed.



WHY IT STANDS OUT

The experts at Six Senses offer a safe haven in the expansive Douro Valley to disconnect from your regular routine and find restorative relaxation to reinvigorate your joie de vivre.

- **Embrace Rituals:** Marking the importance of your arrival and departure are fire ceremonies, as well as a unique art of tea and water ritual.
- **Tile Painting:** Hand-painted tiles tell stories from Portuguese history. Enjoy a workshop to learn and practice this traditional art form and take home your masterpiece as a souvenir.
- **Wellness Schedule:** Settle into daily yoga and breathwork classes, alongside use of the extensive spa facilities and an awakening massage.



KEY EXPERIENCES:

- Lower stress levels through daily hatha yoga sessions and a guided breathwork session
- Ease physical tension with spa treatments designed for deep relaxation, including the awakening massage
- Reconnect with nature on a guided walk through the vineyards or the estate's centuries-old forest
- Take part in opening and closing rituals, including fire ceremonies and an art of tea and water ritual
- Share meals as a group, including a regional wine tasting
- Indulge in the spa facilities such as the regular sauna, infrared sauna, steam room, laconium and herbal sauna as well as indoor pool with underwater sound therapy, color therapy and massage jets
- Return home with simple tools for presence and energy recovery, carried into daily life

DETAILS & PRICING:

DATES:

3 nights
November 12th - 15th 2026
December 5th - 8th 2026
January 21st - 24th 2027
February 18th - 21st 2027
March 18th - 21st 2027

LOCATION:

Six Senses
Douro Valley, Portugal

PRICING:

from £1,940 per person - based on two people sharing a Quinta Deluxe room. Pricing includes retreat programme, accommodation and full board.

YOUR MAISON YOU BENEFITS:

- Complimentary breakfast
- €100 hotel credit per stay
- Early check in/late check out*
- Upgrade at time of check in (subject to availability)
- *subject to availability





ITINERARY

Day One

- 6:00 pm - Welcome ritual: Fire ceremony with intention setting
- 7:30 pm - Welcome dinner

Day Two

- 8:00 am - Hatha yoga, 90 minutes
- 9:00 am - Breakfast
- 11:30 am - Tile painting
- 1:00 pm - Lunch
- 3:30 pm - The awakening massage, 60 minutes
- 6:00 pm - Wine tasting
- 7:30 pm - Group dinner

Day Three

- 8:00 am - Hatha yoga, 90 minutes
- 9:00 am - Breakfast
- 11:30 am - Vineyard or forest walk
- 1:00 pm - Lunch
- 3:30 pm - The art of tea and water ritual
- 5:00 pm - Breathwork session
- 7:30 pm - Group dinner

Day Four

- 8:00 am - Hatha yoga, 90 minutes
- 9:00 am - Breakfast
- 11:30 am - Farewell ritual: Fire ceremony
- 12:00 noon - Check-out

CONTACT US

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The journey inward is the greatest adventure of all

WELCOME HOME

