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WELCOME TO

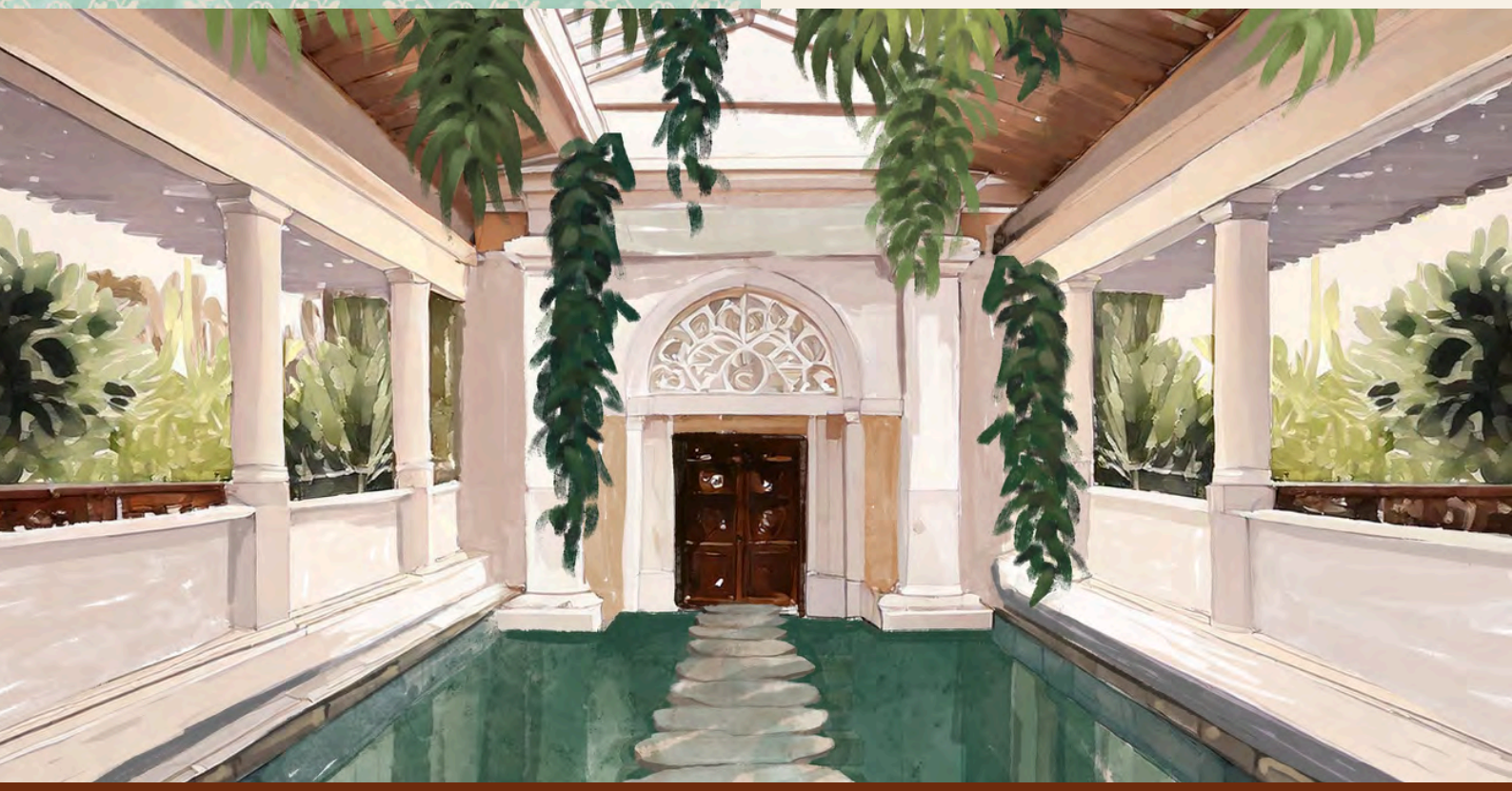
MAISON YOU

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 an industry visionaries - handpicking meaningful experiences just for you.

AT MAISON YOU, YOU ARE THE PURPOSE.

FIVELEMENTS UBUD

Fivelements Ubud is the original home of Fivelements, set along the banks of Bali's sacred Ayung River and immersed in the tropical landscape. Intimate in scale, the retreat brings together Balinese traditions, restorative hospitality, mindful living and thoughtful design, with a distinctive approach rooted in healing, harmony and conscious living.

Designed to feel part of its landscape, bamboo structures, soaring thatched roofs, open-air spaces, natural materials and pathways through tropical gardens create a fluid relationship between architecture and nature. Guest suites, treatment rooms, dining spaces and ceremonial areas are shaped by natural light, air, water and local craftsmanship.

Deeply connected to Bali, the retreat embraces local healing traditions, ceremonies and craftsmanship, while preserving the authenticity and intimacy that define its character. The result is an environment that feels calm, organic and unmistakably Balinese.

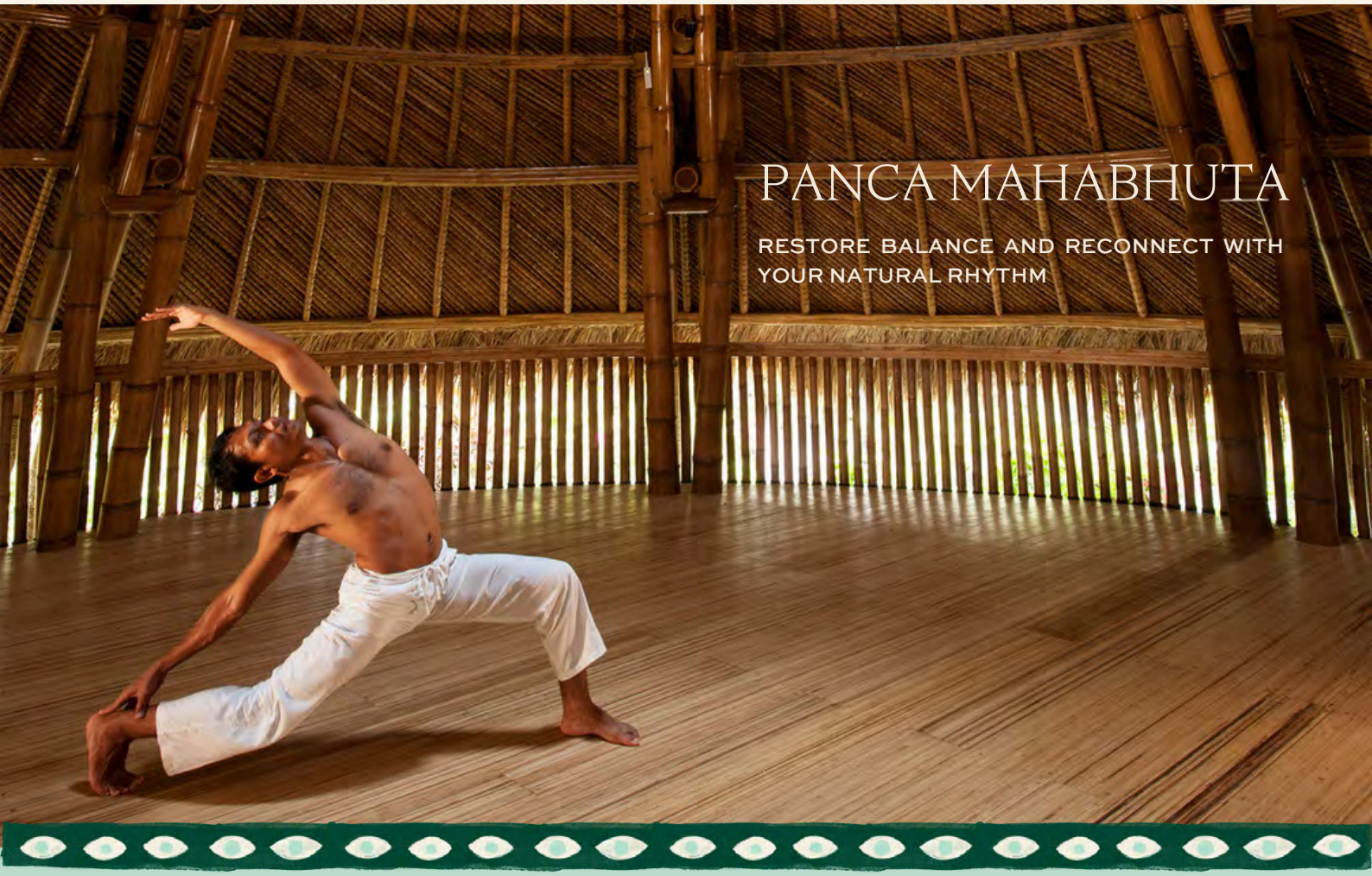




PANCA MAHABHUTA

Fivelements Ubud
Bali, Indonesia

5,7, 10 or 14 nights
Year-Round



PANCA MAHABHUTA

RESTORE BALANCE AND RECONNECT WITH YOUR NATURAL RHYTHM





This signature wellness programme is the heart of Fivelements' healing philosophy, built on the profound wisdom of the Balinese principle of the five elements of nature: Earth, Water, Fire, Air and Ether.

Designed to restore harmony and realign energy flow, thoughtfully crafted to support burnout recovery, energy realignment and deep restoration by weaving together traditional Balinese healing practices, sacred rituals and integrative wellness therapies. Guests are gently guided through a curated pathway of renewal, balancing body, mind and spirit in the serene sanctuary of nature.







WHY IT STANDS OUT

Panca Mahabhuta offers a deeply restorative approach to holistic wellbeing, drawing on the Balinese philosophy of the five elements: Earth, Water, Fire, Air and Ether. Through traditional Balinese healing, bodywork, water and energy therapies, and sacred rituals, the retreat supports reconnection.

- **Five Elements Philosophy:** Rooted in Earth, Water, Fire, Air and Ether to restore harmony across body, mind and spirit.
- **Traditional Balinese Healing:** Therapeutic bodywork and botanical rituals help release tension and restore vitality.
- **Water & Energy Therapies:** Healing practices encourage energetic flow, deep relaxation and renewed equilibrium.
- **Sacred Ritual & Nature:** Balinese ceremony, mindful movement and connection with nature support restoration, reconnection and balance.



KEY EXPERIENCES:

- Explore a restorative journey inspired by Panca Mahabhuta – Earth, Water, Fire, Air and Ether, the five elements central to Balinese philosophy.
- Experience traditional Balinese healing and therapeutic bodywork to release accumulated tension and restore vitality.
- Discover water healing and energy therapies that encourage energetic flow, deep relaxation and inner stillness.
- Participate in Agni Hotra fire blessing and Melukat water purification, connecting the elemental journey with sacred Balinese traditions.
- Engage in yoga, mindfulness and sound healing to cultivate balance across body, mind and spirit.
- Reconnect with the natural environment through botanical bathing and nature-based experiences.
- Enjoy nourishing plant-forward cuisine as part of a holistic approach to restoration, reconnection and renewed balance.

DETAILS & PRICING:

DATES:
5, 7, 10 or 14 nights
Year-Round

LOCATION:
Fivelements Ubud
Bali Indonesia

PRICING:
5 nights from IDR 50,200,000 for single occupancy of a Riverfront Suite, or IDR 83,125,000 for two people sharing a Hillside Pool Suite.

Includes the full retreat programme, all treatments and experiences, full-board catering & elixers, and round-trip airport transfers.

YOUR MAISON YOU BENEFITS:
- Complimentary Guided Organic Garden Tour
- Complimentary late check-out until 2 PM, subject to availability.





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Day One:
- Pick up at the airport
- Welcome meeting and conversation with the Wellness Liaison to introduce the programme
- Welcome blessing
- 120-minute Balinese Boreh Ritual
- Cleansing & Healing Elixirs
- Dinner

Day Two:
- Fivelements Morning Yoga (in group)
- Breakfast
- 90-minute Sound Healing & Meditation
- Lunch
- Sacred Sips: An Afternoon Tea Ritual
- Cleansing & Healing Elixirs
- Dinner

Day Three:
- Fivelements Morning Yoga (in group)
- Breakfast
- 90-minute Watsu-Inspired Water Healing Session
- Lunch
- 60-minute Colour & Sound-Acupoint Healing Therapy
- Cleansing & Healing Elixir
- Dinner

Day Four:
- Fivelements Morning Yoga (in group)
- Breakfast
- 90-minute Fivelements Signature Massage
- 25-minute Botanical Flower Bath Ritual
- Lunch
- Cleansing & Healing Elixirs
- Dinner

Day Five:
- Fivelements Morning Yoga (in group)
- Breakfast
- 120-minute Fivelements Superfood Facial
- Lunch
- Cleansing & Healing Elixirs
- 45-minute Fire Blessing Ceremony (in group retreat)
- 20-minute Melukat Water Blessing Ritual (in group retreat)
- Dinner

Day Six:
- Fivelements Morning Yoga (in group)
- Breakfast
- Check out by 12:00
- Drop to Airport

CONTACT US

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The journey inward is the greatest adventure of all

WELCOME HOME

