



MAI SON YOU

WELCOME TO

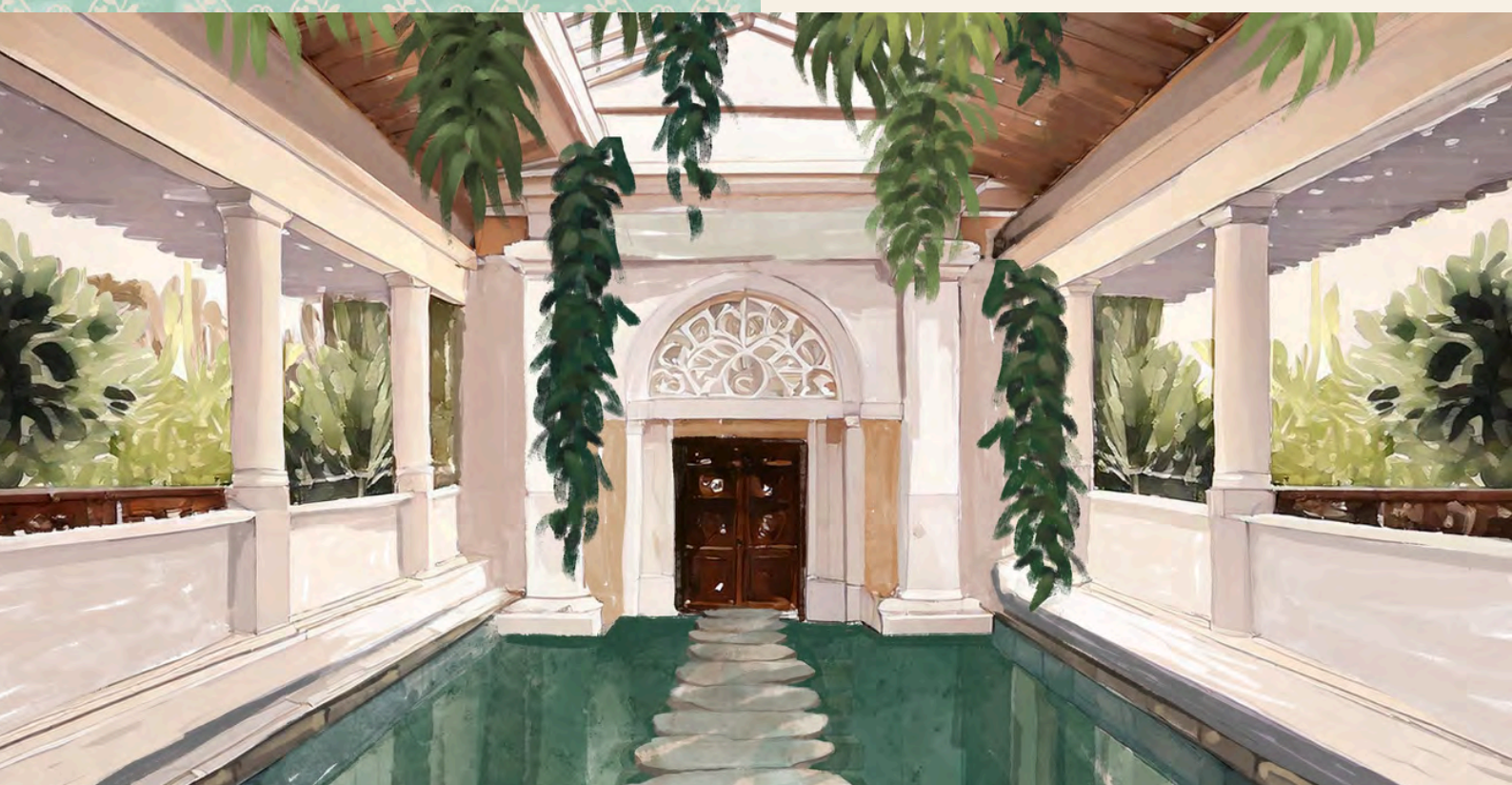
MAISON YOU

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.



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.



TRI KAYA PARISUDHA

Fivelements Ubud
Bali, Indonesia

7 nights
Year-Round



TRI KAYA PARISUDHA

CLEANSE BODY, MIND AND SPIRIT THROUGH
SACRED PURIFICATION



Rooted in the Balinese principle of Tri Kaya Parisudha, meaning purity of thought, speech and action, this signature wellness programme approaches cleansing as more than a physical process. It creates space to release what has accumulated in the body, mind and energetic system, restoring a clearer and more balanced state of being.

Traditional Balinese healing, therapeutic bodywork, purification rituals, mindful movement and detox-focused cuisine come together in an experience shaped around individual needs. From digestive and lymphatic support to water healing, energy work and sacred ceremony, each element encourages renewal while reconnecting you with a more conscious, balanced and harmonious way of living.



WHY IT STANDS OUT

Tri Kaya Parisudha combines traditional Balinese healing, therapeutic bodywork, purification rituals, mindful movement and detox cuisine to support natural cleansing, restore vitality and promote mental, energetic and physical balance.

- **Holistic Cleansing:** A considered combination of therapeutic bodywork and detox-focused treatments supports the body's natural cleansing.
- **Purification & Renewal:** Balinese purification rituals and energy work encourage physical, emotional and energetic release.
- **Mindful Movement:** Yoga, meditation and restorative practices support mental clarity and greater awareness.
- **Nourishment from Within:** Plant-forward cuisine, cleansing elixirs and herbal preparations complement the approach to renewal and balance.



KEY EXPERIENCES:

- - Begin with a wellness orientation to shape the cleansing journey around individual needs.
- Experience traditional Balinese healing and therapeutic bodywork supporting circulation, digestive wellbeing and the body's natural cleansing processes.
- Explore purification rituals and energy therapies that encourage physical, emotional and energetic release.
- Practise yoga, meditation and mindful movement to complement physical cleansing with mental clarity and greater awareness.
- Experience water healing and sound-based therapies, creating space for relaxation, release and renewal.
- Nourish the body with detox-focused, plant-forward cuisine, cleansing elixirs and traditional herbal preparations.
- Participate in sacred Balinese ceremony, connecting purification with a more conscious and balanced way of living.

DETAILS & PRICING:

DATES:

7 nights
Year-Round

LOCATION:

Fivelements Ubud
Bali Indonesia

PRICING:

7 nights from IDR 83,075,000 for single occupancy of a Riverfront Suite, or IDR 142,000,000 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.





ITINERARY

Day One:

- Pick up at the airport
- Welcome meeting and conversation with the Wellness Liaison to introduce the programme
- Welcome Blessing
- Cleansing & Healing Elixir
- 120-minute Balinese Boreh Body Care Ritual
- Dinner

Day Two:

- Fivelements Morning Yoga (in group)
- Breakfast
- 60-min Purifying Turmeric Facial
- 60-min Acupuncture
- Lunch
- 90-min Mindfulness & Sound Healing
- Cleansing & Healing Elixir
- Agni Hotra Fire Blessing Ritual (in group)
- 20-minute Melukat Water Blessing Ritual (in group)
- Dinner

Day Three:

- 60-min Rice Field & Village Walk
- Fivelements Morning Yoga (in group)
- Breakfast
- 60-min Revive Foot Reflexology
- Lunch
- 90-Minute Energy Re-alignment
- 60-min Vital Core Abdominal Massage
- 60-min Colonic Hydrotherapy Session
- Cleansing & Healing Elixir
- Dinner

Day Four:

- Fivelements Morning Yoga (in group)
- Breakfast
- 90-minute Watsu-Inspired Water Healing Session
- Lunch
- 90-min Lymphatic Drainage Massage
- 25-min Botanical Flower Bath
- Cleansing & Healing Elixir
- Dinner

CONTACT US

hello@maison-you.com

[@_maisonyou](https://www.instagram.com/_maisonyou) 

www.maison-you.com



ITINERARY

Day Five:

- Fivelements Morning Yoga (in group)
- Breakfast
- Healing Journey Tour
- Lunch
- Cleansing & Healing Elixir
- 60-minute Ultimate Back, Neck & Head Massage or Revive Foot Massage
- 90-Minute Om Prana Healing
- Dinner

Day Six:

- Fivelements Morning Yoga (in group)
- Breakfast
- 60-min Acupuncture
- Lunch
- 120-min Ida Pingala Massage
- Cleansing & Healing Elixir
- Dinner

Day Seven:

- Fivelements Morning Yoga (in group)
- Breakfast
- Plant-Based Cooking Class
- Soulful Sips: The Art of Conscious Jamu Making
- Lunch
- 60-min Revive Foot Reflexology
- 90-min Pure Seaweed Ritual
- Cleansing & Healing Elixir
- Dinner

Day Eight:

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



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

