

MASONROSE

Maison ilā, Sonnac-sur-l'Hers

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### KEY FACTS

Natural and organic skin and spa brand ilā launched Maison ilā (also known as Le Trésor) - a healing space in the heart of the Aude, Languedoc Roussillon, France in July 2020. A former chambre d'hôtes in the charming village of Sonnac, the seven-bedroom property has been given new life as ilā's first dedicated permanent wellness retreat location.

Set in verdant, blossoming gardens and bucolic surroundings where time is marked by the gentle sound of the village church bells, Maison ilā is home to a main house with five bedrooms, communal dining space, snug, treatment room and yoga & sound healing studio. It also has a separate cottage with a further two bedrooms, living space and kitchen.

ilā's French home is a sanctuary of healing based on ilā's core belief that healing starts from the inside; by giving ourselves space and time, and consciously relaxing the

nervous system, the body and mind are able to rest, naturally rebalance and reconnect to our inner essence of radiant health and a peaceful mind. Maison ilā offers a curated menu of face and body therapies and shamanic journeys, including Flexbeam red light therapy and treatments created especially for the CBD collection which was released in 2020.

Guests can expect seasonal, predominantly plant-based cuisine that uses and abundance of local seasonal produce and which is nutritious, nurturing and full of flavour.

Yoga, meditation and sound healing is complemented by wild swimming in neighbouring natural pools, whilst wild movement specialist Alli Suddaby guides guests through a playful outdoor practice that honours the fundamental movement of the body. Maison ilā also welcomes visiting practitioners throughout the year to offer their expertise and wisdom to guests.

### LOCATION AND ACCESS

Carcassonne Airport: 50 minute drive

and Carcassonne (50 minutes by car)

Toulouse Airport: 1 hour, 15 minute drive

Flight time from the UK: 2 hours

Train stations: the closest are Limoux (25 minutes by car)

Airlines flying direct from the UK: easyJet, British Airways, Ryanair, American Airlines

### ACCOMMODATION

#### **5 rooms in the main house and a separate cottage:**

shower, overlooks the Place de L'église

Chambre Un: 430 sq.ft, accommodates two people, super-kind bed or two single beds, beautiful free-standing bath and shower, exquisite furniture, workspace, looks on to the garden and forest as well as the square

Chambre Trois: 247 sq. ft, accommodates two people, super-king bed, bathroom with a shower, Indian furniture, a view onto the Place de L'église and over the surrounding hills

Chambre Deux: 182 sq.ft, accommodates two people, queen bed, cosy atmosphere and traditional French style,

Chambre Quatre: 240 sq.ft, accommodates two people, four poster queen bed, Indian artisan meets French

mustard and grey shades, bathroom with lovely shower, views of the Place de L'église

Chambre Cinq: 516 sq.ft, accommodates three people, four poster super-king bed(s), master suite, shabby chic French style with natural light from the many windows, beautiful free-standing bathtub, views of the Place de L'église

Le Petit Maison: 1,500 sq.ft, accommodates four people, self-contained two bedroom cottage with double bed(s) and king bed(s), two bathrooms with shower and bathtub, kitchen, treatment room, sitting room with a wood-burning fire, workspace, small private garden

## FACILITIES

The main house comprises a communal dining space, snug, treatment room and a yoga & sound healing studio. Al-fresco seating for meals is also available.

Being situated in one of the most luscious regions of France, famed for its vineyards and delicious fresh local produce, means breakfast, lunch and dinner are central to the experience at Maison ila. The nourishing and wholesome gluten free and organic meals are lovingly created using only locally sourced and seasonal ingredients, with inventive regularly changing menus.

Herbal teas, tinctures and fresh tisanes to rest the adrenals and the nervous system, as well as calm digestion, are available from 7am and kept in every room. In summer, guests are served the homemade signature Elderflower cordial with lemon balm, which is a bolstering tonic and in cooler months they serve homemade Indian Chai.

Beautiful gardens, including an area for growing their own herbs, are abundant filled with Rose, lavender, divine smelling Honeysuckle and Jasmine.

## DID YOU KNOW?

Denise and her husband, John, spent lockdown at the property and so were gifted this time to really pour their heart and soul into Maison ila. They lovingly added their own special touches, creating a treatment room and yoga studio and planting a soul garden full of healing herbs and plants that Denise uses in both food and treatments.

Maison ila's programmes run for 3, 5 or 7 days and include healthy, organic meals, daily activities such as wild walking in the hills, wild swimming in nearby lakes, cycling

and dynamic yoga, wild training personal sessions with Alli Suddaby, meditation sessions and a choice of treatments and in-room therapies.

'Wild Training' is about rediscovering natural movement, those that our ancestors required daily for survival, such as crawling, jumping, running, balancing, climbing, throwing, lifting, carrying and vaulting. This type of training is playful and fun and is about exploring and connecting with the environment and those around us.



Chambre quatre



Interior



Chambre un



Living space



Chambre trois



Dining room



Gardens



Healing treatment area



Seasonal cuisine



Surrounding hillside

