

VOGUE

GLOBAL SPA GUIDE

Euphoria Retreat

Mystras, Greece

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Why go here?

Tucked up on a hillside in the Peloponnese, Euphoria is miles away from Greece's coastal party scene, making it the ideal place to really immerse yourself in the ritual of relaxation—sans temptation to party. There is so much on offer here that you won't need to leave, whether you've booked their three-day Wellbeing Detox Package or opted into the 21-day Weight Metabolic Management Program. Staff offer complete guidance on what program will serve your needs—whether it's emotional rebalancing, fitness enhancement, or spiritual centering—and then plan a complete schedule for your stay. This might mean an early morning guided forest walk followed by reflexology, with a [Biologique Recherche](#) lifting facial in the afternoon and a private sound bath in the evening. There are custom smoothies each afternoon (ingredients are determined by a blood analysis) and a menu entirely attuned to an individual's dietary quirks. Meetings with nutritionists and trainers are translated into reports for guests, a real perk for those who want to take home their newfound self-knowledge. What you can't bring back, however, are the impeccable amenities, which include an indoor-outdoor pool where you can paddle from the solitude of a domed deep water section to the open views of the Taygetus mountains.



Photo: Courtesy of Euphoria Hotel

What's the vibe?

Mediterranean serene: Cobblestone paths lead to dramatic plaster archways, and the sweet smells of conifers and orange trees linger in the Byzantine-inspired lobby. All is elegant simplicity, including the guests, who are likely to be sporting Loro Piana cashmere sweats on the terrace. Rooms are kitted out in soothing neutrals, with touches of deep red or sea green. Harmony is the order of the day here, and the boisterous will be reminded to keep things calm. The seamlessness between inside and out—helped along by exquisite weather and 350 days of sunshine—keeps guests moving from the squishy floor cushions of the relaxation room to loungers on the wildflower-bordered terrace.



Photo: Courtesy of Euphoria Hotel

The history

Former banker Marina Eframoglou was treated for cancer in her 20s and later burned out from working long hours. After a long apprenticeship studying Chinese medicine and working with greats like Deepak Chopra, she opened Euphoria in 2018.



Photo: Courtesy of Euphoria Athens

What should you try?

The Byzantine Hammam Ritual sounds like a typical scrub and massage, but it's the kind of experience that proves unexpectedly joyful—especially when done as a couple. Guests are ushered into the otherwise inaccessible hammam, where they lie on heated marble plinths and are scrubbed down from top to toe. The provider then whips up a froth of tiny bubbles by twirling a soapy cloth in the air and coats the body in piles of them—enough to release a stream of giggles. Lastly, copper buckets of water slowly wash away the fizz and progress from warm to icy—a refreshing way to release a hit of dopamine.



Photo: Courtesy of Euphoria Athens

What else do we need to know?

The day trips on offer are exceptional; they include a guided walk through the ruins of the 13th-century town of Mystras—which is still home to an order of smiling elderly nuns—or a visit to the beach at Elafonisos, where turquoise water laps up on a crescent-shaped shore.

Who can go?

Euphoria does not require a stay to use their facilities, however, the three-hour journey from Athens might detour day-trippers. Guests can choose treatments à la carte, but for the full experience, it's best to sign up for a program and let them plot your days, even for a short stay.