

Travelista Travel

Head for the hills – five invigorating wellness retreats

Where to kick-start mind, health and body, from private fitness in the Peloponnese to a new medical makeover at the Mayr

Maria Shollenbarger YESTERDAY



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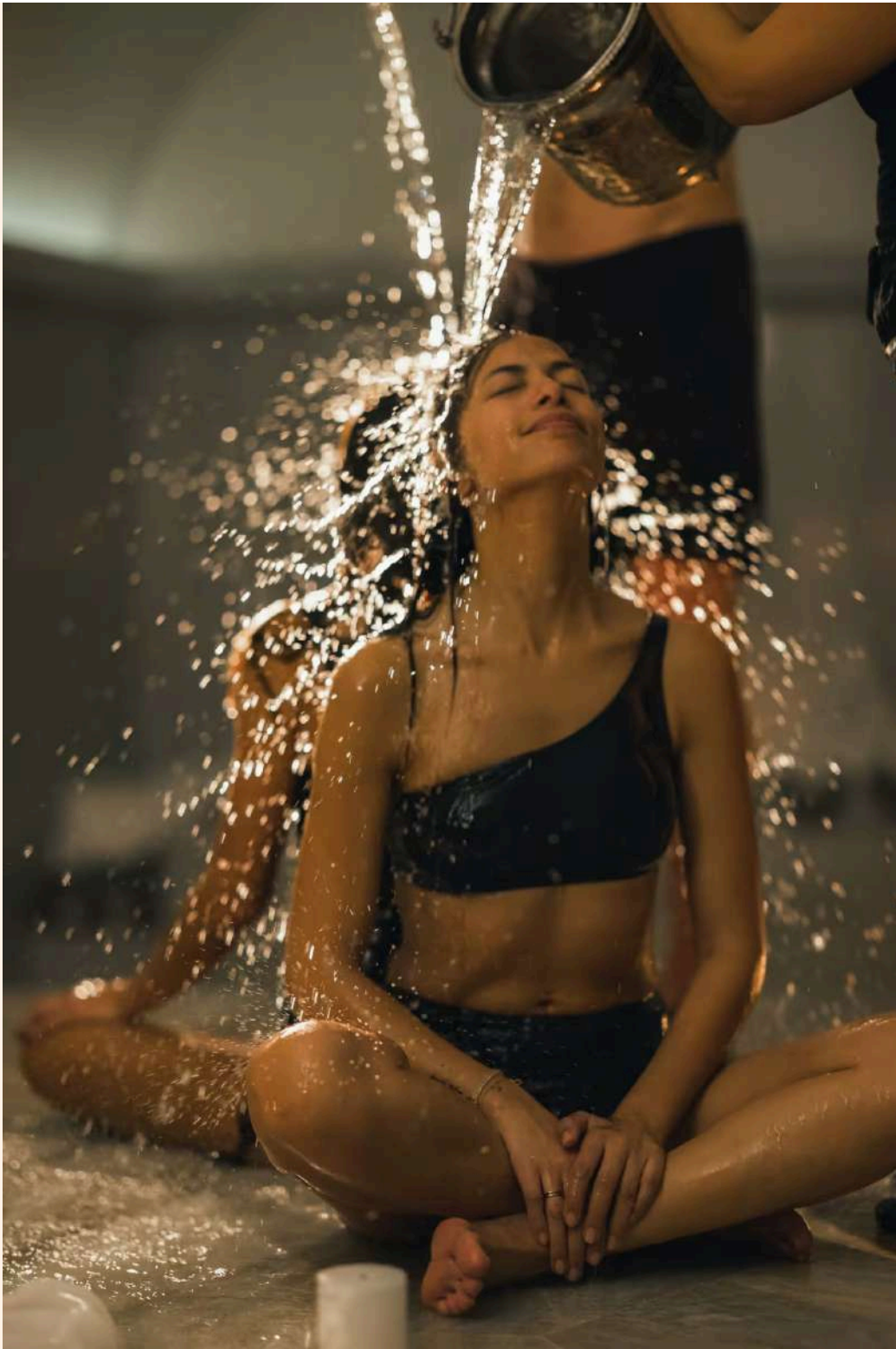


Outdoor fitness at Euphoria Retreat in the Peloponnese © Julian Okines

Euphoria Retreat sits high in the rugged mountains of the Peloponnese, adjacent to the archaeological site at Mystras. Its wellness puts together elements of Traditional Chinese Medicine and Greek philosophy; next month, however, it will add a new, comprehensive diagnostics programming. Called Euphoria Holistic Health and Longevity and based on Euphoria's Holon Methodos ("holon" is Greek for whole), it's a holistic and transformative approach to health and longevity whose focus is cellular metabolic health – how the body detoxes, handles stress, fights disease and regenerates.



The mountain backdrop at Euphoria Retreat



The hotel's hammam

Euphoria Retreat

From €9,500 per week all-inclusive

euphoriaretreat.com

With both pre-testing and on-site analyses, including 23 discrete biomarkers it's a fairly serious commitment; but every element of the resulting

programme, whether the “basic” version at seven days (the recommended stay is 10) or the extended one of three weeks, is tailored to specific metabolic and microbiome needs. The treatments themselves range from the fairly straightforward (private fitness, Five Elements therapies) to bespoke IV infusions and “body charging” sessions that use NanoVi technology – originally designed for cancer treatment – to reduce cellular inflammation and encourage regeneration.



The Swiss Alps’ active all-women escape

Chalet Mèlèzes, in Chamonix, is home to Girl Powder Mountain Retreats, an all-women adventure community that exploits the area's skiing in winter and its mountain trails and late light nights in summer.



Girl Powder Mountain Retreats, an all-women adventure community, at Chalet Mèlèzes



The restaurant at Chalet Mèlèzes

Chalet Melezes

From £1,250pp
sharing

[girlpowderretreats.com](https://www.girlpowderretreats.com)

On 16 September they'll run their last Girl Summer retreat of 2024 – a four-night itinerary that includes en suite accommodation at the Chalet (think private terraces, a full-service gym and spa with sauna, gym and yoga studio), all the quality mountain and e-bikes and walking kit required for the activities, breakfast, tea with healthy smoothies, and three multi-course dinners with wine pairings. Every day there's a walk to a buvette or forest for wild lunches, then group yoga or swim-spa activities; extra outdoor time can take the form of guided climbing, canyoning or wild swimming – and if you want to get airborne, there's a parapenting experience as well.

A new chalet hotel in Austria



The Alps seen from the hall of Eiro in Austria © Alex Moling

Eiro is the buzzy newcomer to the Austrian Alps: the nine-room hotel incorporates wellness and fitness so fully into its offering and environment that basically any length of stay here can be a sort of retreat. You can only reach it by cable car, to start; a journey that takes you up to 1,550m, where the chalet – almost entirely constructed from local found wood – sits. Once you're ensconced, the emphasis is on the outdoors.



The spruce-infused sauna room © Alex Moling



The hotel can only be reached by cable car © Alex Moling

Eriro

From €1,315 per
night all-
inclusive

eriro.at

Three full-time guides craft experiences for guests that range from barefoot walks in the nearby moss-floored forest to workshops in the local handcraft traditions, exploring the meditative power of working with stone and wood. In the spa are spruce-infused sauna rooms, an indoor meditation pool, and in-room Alpine herb massages. Private yoga and meditation are add-ons too.

Elemental energy (and biodynamic grazing) in central Italy

Regular readers will know I'm a fan of central Italy's Tuscia region, where mystical 2,000-year-old forests crown hilltops and Etruscan tombs are almost as common as petrol stations along the roadsides. Tenuta di Paternostro, just outside the town of Vetralla, offers nourishment at all levels through its beautifully curated interiors, wholesome food, and 31 hectares of olive grove and alfalfa fields across which horses roam freely. Recently Paternostro became a member of Healing Hotels of the World, and has been making a name for itself as home to compelling educational wellness programmes, from equine therapy to vegan cooking.



Tenuta di Paternostro in Tuscia, central Italy



Horses roam freely in the olive groves and alfalfa fields



Yoga at Tenuta di Paternostro

Tenuta di Paternostro

From €540pp
sharing a double
or €620 single

email

info@tenutadipaternostro.com

or DM

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

This September is
bookended by two long-
weekend retreats: from

6th to 8th, [Julia](#)

[Ingersoll](#) – whose

roving retreats in Bali,

Puglia and beyond

incorporate nature

excursions with cultural

immersions – will lead the Bliss Station retreat,
combining lots of active yoga and meditation
with abundant, beautifully presented feasts.

Then, from 27th to 29th, the Inner Glow
weekend, hosted by instructor Alessia

Piccininno, will take in somatic movement, fire-
circle sound baths, meditation under the stars,

visits to sacred Etruscan sites and food

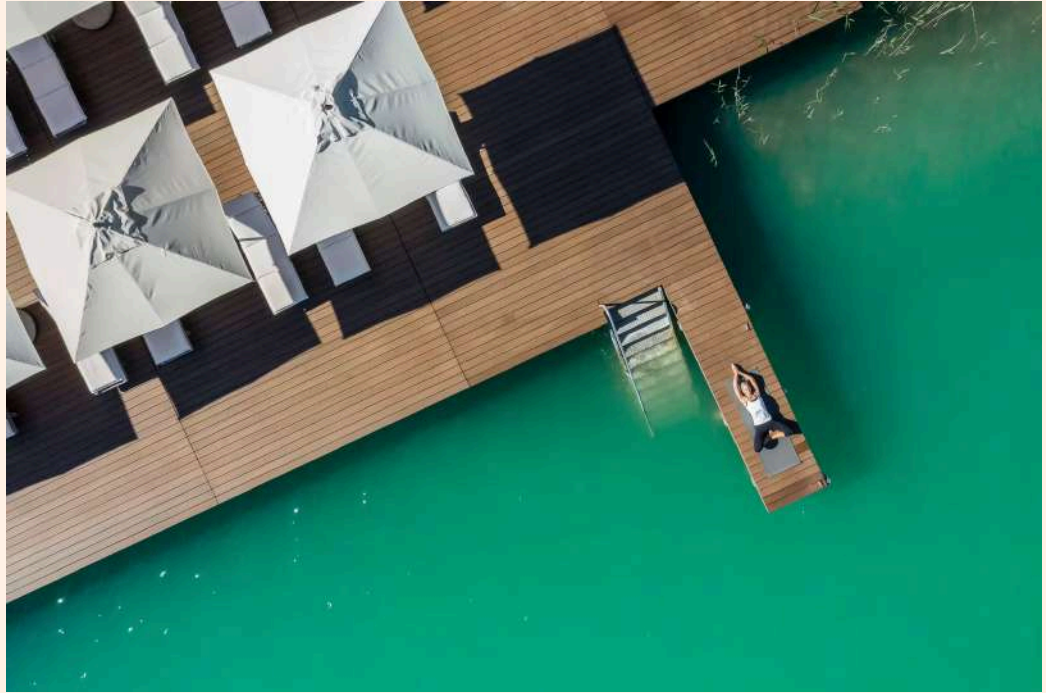
workshops in the Tenuta's own biodynamic

kitchen gardens.



The Mayr upgrade in Austria

The Original Mayr is still many people's go-to for a metabolic/gut-health reset. The ultra-committed among them now have two new and more progressive programmes of which they can partake.



Yoga at The Original Mayr in Austria



The Finnish sauna at Mayr

The Original Mayr

From £2,197,
accommodation
from £206 per
person per night

[original-
mayr.com](https://www.mayr.com)

Mayr Med Diagnostics

is a deep-dive version of what it says, involving extensive blood testing and gastrointestinal, metabolic and urine analyses throughout the programme, for a comprehensive understanding of the

state of your metabolic system; the abdominal massages and hay flower detox that are Mayr standards are administered throughout the week. The Mayr Med Detox programme touches instead on fitness testing and bioelectrical impedance analysis, and layers in the salt scrubs and draining wraps around an active regimen. The promise: you leave with a spring in your step, a clearer head, and very possibly a centimetre or two of diameter off a couple of your bits.

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