

3 moves for stronger bones

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GAVIN & STACEY'S

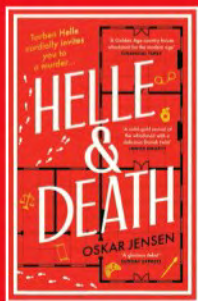
JOANNA PAGE

On why she'd like a fifth child at 47

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FUTURE  
JANUARY 2025

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# TRAVEL

*Exciting ways to get away from it all*



## *Amazing* **NEW YOU** *retreats*

From forest bathing to luxe spas and menopause help, these wellness destinations will set you on a self-care path for the year ahead

# 2 OUTDOOR FITNESS PLUS PAMPERING IN GREECE

You'll have heard of the Spartans – the strict warrior community that once roamed Greece's Peloponnese peninsula – today they're the inspiration for the sweat-pumping programmes at Euphoria Retreat.

Thankfully, there's nothing Spartan about our surroundings: plush cream and pine rooms and suites equipped with yoga mats, underfloor heating, minibars and top-spec mattresses, set in stone cottages tucked between evergreens and olive trees.

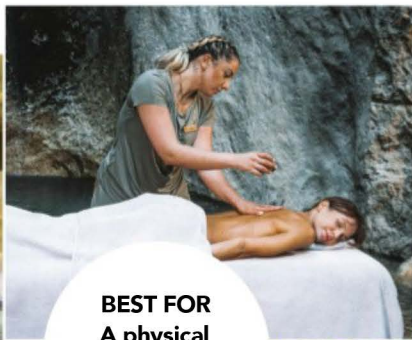
Retreats start with a consultation to check fitness levels and set your goals, before your group embarks on two-to-three hours a day of vigorous, outdoors-focused exercise – running, hiking, rock climbing, cycling or HIIT sessions.

All the hard work is more than balanced out by pampering sessions, from gorgeous spa treatments to a hammam scrub-down or deep tissue massages and reflexology sessions. There's a revitalising spiral-staircase waterwell based on the principles of Kneipp Therapy, which uses the anti-inflammatory properties of hot and cold water. Yoga and meditation sessions are also on hand to complement the day's outdoors adventures.

Food is healthy and mouth-watering – think grilled sea bream and goat's cheese salads with figs and honey. Add a rest day to visit Mystras, the 13th-century Byzantine walled town nearby,

and you have a retreat that invigorates and relaxes you in equal measure.

✦ **Three-day retreats from £1,859pp;**  
**euphoria**  
**retreat.com**



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