

Wellness Destinations To Visit In 2025

These bucket list destinations in Asia, North America, Europe and Africa allow travelers to experience local culture, history, flavors, and traditions through unique wellness journeys.

Bianca Salonga Jan 6, 2025

Year-end round ups typically highlight bucket list experiences around the globe. In the same manner, we welcome the start of 2025 with a new itinerary or vision board of the places we hope to discover or revisit. Regardless of destination, distance, and duration, travel has become both an investment and form of therapy. It allows us to discover facets of ourselves we otherwise wouldn't come face to face with in our comfort zones. Trips driven by wellness have similarly reignited connection with one's best self. The most impactful journeys I've ever been on were the ones that gave me permission to retreat, relax, and recalibrate.

Wellness Tourism has continuously grown in the past five years. It is a trajectory that has reshaped the way we experience and interact with the world. The [Global Wellness Institute](#) predicts that the sector will hit the \$1.3 trillion mark in 2025. More than the standard spa massage and requisite fitness gym, discerning travelers now seek tailored experiences that support holistic wellbeing. As a result, a new crop of hospitality brands and concepts have also begun to proliferate the industry, offering innovative ideas that nurture the body, mind, and spirit.

Wellness Destination #3: Holistic Healing And Transformations At The Euphoria Retreat in Greece



Euphoria Retreat on the Peloponnese peninsula in Southern Greece EUPHORIA RETREAT

Founded by Marina Efraimoglou, [Euphoria Retreat](#) is located on the Peloponnese peninsula in Southern Greece. Its idyllic location sets the stage for a holistic healing and transformation where mythical landmarks and ancient civilizations are the fitting backdrops. Natural environment and time honored traditions of ancient Greece inform the Euphoria Retreat and its philosophy. The team refers to this as the Euphoria Metodos, which “embodies a holistic approach based on the understanding that our physical, emotional, and spiritual selves are intrinsically linked.” It also prescribes to the belief that our energetic cycles are in sync with nature and the changes in season. At Euphoria Retreat, Hellenic medicine and Taoist spirituality converge in a shared wisdom of the universe and human nature.



Outdoor pool at the Euphoria Retreat STAVROS HABAKIS WWW.VISUAL-STORYTELLER.COM



Mindfulness practices in nature at the Euphoria Retreat EUPHORIA RETREAT



Workshops at the Euphoria Retreat EUPHORIA RETREAT

Programs, retreats, and treatments at the picturesque mansion are designed to “reboot your energy levels and align your inner world with the rhythms of the natural world.” These wellness journeys support a wide range of wellness goals like detoxification, relaxation, healthy weight loss, longevity, nutrition and fitness, emotional harmony, and even adventure. Programs that have piqued my curiosity include the [Euphoria Retreat with Elizabeth Lesser](#), [Herbal Medicine for Everyday Living Retreat](#), and [Yoga and Mindfulness](#).



Kneipp Therapy Water Well at the Euphoria Retreat EUPHORIA RETREAT

Innovative and best-in-class facilities make the Euphoria Retreat among the best in the world. They take up four expansive levels connected by a spiral staircase where a Kneipp Therapy Water Well is located. This special water feature showcases natural skylights that illuminate hot and cold foot baths beneath.



Sphere Pool at the Euphoria Retreat STAVROS HABAKIS WWW.VISUAL-STORYTELLER.COM

The sphere pool is considered as the spa's centerpiece. Byzantine domes and spherical walls surround hydrotherapy jets that help ease muscle aches. Another sphere with water that's waist deep surrounds a four-meter deep central "womb." Diving into this abyss-like part of the pool brings forth the feeling of being "connected to your primal self, where dreams are born and where the body comes out of the head and into feeling." More than a therapeutic pool, this remarkable wellness feature symbolizes spiritual rebirth. Other features of the resort that will inspire one to book a ticket to the south of Greece are the Watsu Pool, Ice Fountain, Tepidarium, and Speleotherapy Salt Room.



Tepidarium at the Euphoria Retreat EUPHORIA RETREAT



Byzantine Hammam STAVROS HABAKIS WWW.VISUAL-STORYTELLER.COM



Speleotherapy Salt Room at Euphoria Retreat EUPHORIA RETREAT



Body treatments at the Euphoria Retreat STAVROS HABAKIS WWW.VISUAL-STORYTELLER.COM



Euphoria Retreat's 3GL Meal Plan is a cutting edge approach to nutrition that considers important biomarkers for metabolic health. These are glycogen, glucose, and glutathione. EUPHORIA RETREAT

Euphoria Retreat has drawn wellness enthusiasts from around the globe because of the patented 3GL Plus Therapy. This cutting edge approach to nutrition follows the biomarkers for metabolic health, namely glycogen, glucose, and glutathione. It also considers the amino acids in our bodies responsible for metabolism. Results from the 3GL test inform bespoke menus intended to boost balance, energy and overall health.



Executive Suite at the Euphoria Retreat EUPHORIA RETREAT



Suite Living Room at the Euphoria Retreat EUPHORIA RETREAT

Wellness sojourns at the Euphoria Retreat are made more luxurious by rooms and suites dressed in colors, textures, and patterns of the Byzantine era. Each one is well appointed to support rest and undisturbed relaxation. Euphoria Retreat’s team writes, “No two rooms are the same; all have their unique touches. Several offer disabled access, while those in the lovingly refurbished 1830 Leoncini Mansion can be booked for exclusive use and come complete with a private dining room.”