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The Great Reset: The Top Retreats Of 2025

by KATE O'BRIEN

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These destinations offer a taste of what is available worldwide ...

What makes a great wellness retreat? Obviously, it depends on what you want to get from your time and investment. Fortunately, in today's world where wellness tourism continues to outgrow leisure tourism, with wellness tourists spending 41 per cent more than the typical international traveller according to the Global Wellness Institute, there are plenty of choices. And while spas continue to sprout up in all corners of the world, ultimately it's the destinations and people behind them – who hold authentic wellbeing and real connection at their core – that will survive these turbulent times.



Emotional Harmony Retreat at Euphoria, Greece

Sitting on the edge of Mystras, the last significant stronghold of the Byzantine Empire and a UNESCO World Heritage site, Euphoria is cocooned in a dense forest of pine and carpeted with citrus, pomegranate and olive groves. The ethos here is inspired by the twin powers of ancient Hellenic and Chinese

philosophies and practices, all powered by cutting-edge science, with the overall aim being to restore balance and emotional clarity in all who visit.

“People come to Euphoria to recharge, to take care of their mental health and to adapt to the fluid nature of life,” explains Marina Efraimoglou, Euphoria founder, with the new Emotional Harmony programme offering the perfect reset for bodies and minds. Once here, you can't help but feel at ease with long days filled with yoga, breathwork, movement, illness and expert consultations; all fuelled by the freshest farm-to-plate cuisine ... Greek style, of course! The architectural wonder of the spa, with its shimmering ethereal pools, Byzantine-style hammam and towering light-filled water well (for boosting circulation) is reason enough to visit. Everywhere you look on this ancient land invites a powerful reminder to stop, reflect, surrender and breathe in a fresh new chapter filled with optimism, passion and joy.

Five day retreat, fully inclusive with added consultations, treatments from €2,000:
www.euphoriaretreat.com



www.theglobalretreatcompany.com

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