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# Euphoria Retreat in Greece launches Holistic Longevity programme

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Greece

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04 November 2024

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Euphoria Retreat, a destination spa in Greece, has launched a groundbreaking new metabolic health retreat programme. The preventative health programme delivers a mix of medical expertise and wellbeing modalities to optimise health.

Designed to deliver health benefits at a cellular level, the Holistic Longevity programmes are a result of a two-year development programme.

Euphoria's team of medical and holistic experts worked with the University of Thessaloniki under the direction of Euphoria's medical advisor Dr Ioannis Charizanis, and Dr George Leon from IMON.



Red light therapy is used to regenerate cells by promoting mitochondrial activity

### **Groundbreaking holistic longevity programme**

Euphoria Retreat's Holistic Longevity programme can be personalised for every guest and offers four phases to complete.

It also gives guests the option to select from a menu of advanced targeting programmes – Optimal Sleep, Female Health, Total Immunity and Advanced Detox programmes. Each delivers specific wellbeing goals.

Talking to *European Spa*, Euphoria's founder, Marina Efracimoglou, shared her vision to develop a pioneering holistic approach to longevity and preventative health.



*“Euphoria’s pioneering 360° approach acts not just on symptoms but also on the root causes of disease. We don’t start with symptoms; we transform health from the inside out, one cell at a time.”*

**Marina Efraimoglou**  
Founder, Euphoria Retreat

“We have been working with the University of Thessaloniki and our in-house team of medical experts to develop a truly integrated approach to preventative health,” she said.

“We already offered medical programming at Euphoria but this is groundbreaking advancement. It offers a four-phase process: at-home testing before you arrive; on-site medical diagnostics; a fully personalised programme of interventions during your stay.

“Then, importantly, two-months of aftercare and support to empower our guests to make real change.”



Oligoscan diagnostics measures the levels of minerals, trace elements and heavy metals in the body

### **The four-stage Euphoria retreat**

The first phase of the programme starts three weeks before arrival, when guests are sent Euphoria’s diagnostic kit. They collect biological samples including blood, saliva, urine and microbiome, which are returned for lab analysis.

On arrival at Euphoria for stage two, guests are given a full medical and nutritional consultation, based on data and consultation, to personalise their stay programme. Five types of intervention are delivered.

“The gut-brain axis is so important to understand. We look at blood work, skin health and a unique set of parameters to really get a true picture of your metabolic health,” says Efraimoglou.

“We have also invested a significant amount in cutting-edge machines to get real health metrics, as I believe is the future.”



Euphoria's unique IV therapy administers prescribed high doses of minerals and vitamins directly into the bloodstream

### **Holistic Longevity**

Euphoria's 'biohacking toolkit' includes Human Regenerator Jet, presented as the world's first full body recharger. It uses Cold Atmospheric Plasma (CAP) and NanoVi technology claims to repair damaged cells and reduce inflammation.

Guests can also benefit from personalised IV therapies. PNOE (the Greek word for breath) testing of 23 biomarkers is used to create personalised fitness and nutrigenomic plans by Euphoria's resident PTs and nutritionist.



Plasma therapy offers guests advanced cellular regeneration

### **Medical with a holistic heart**

Looking to bridge the gap between medical and wellbeing, Marina Efraimoglou is keen to ensure Euphoria's unique delivery of emotional and spiritual holistic therapies remains "at the heart of the programme's approach".

An extensive list of holistic modalities blending ancient Greek philosophy with Traditional Chinese Five Elements, can be selected. These help to actively remove cellular-level blockages caused by stress, trauma and limiting beliefs.

“Euphoria’s 360° approach acts not just on symptoms but also on the root causes of disease. We don’t start with symptoms; we transform health from the inside out, one cell at a time,” says Efraimoglou.

“We also offer advanced medical services focused specifically on sleep, immunity, female health and metabolic health.”



Marina Efraimoglou with Dr Ioannis Charizanis

### **Medical precision is the watchword at Euphoria Retreat**

Dr Ioannis Charizanis has led the medical approach to this new retreat programming. He describes how the medical field of bioenergetics – the branch of biochemistry that focuses on how cells transform and store energy – has guided the development of Euphoria’s programming.

“Our new medical programme gives us the opportunity to change people’s cells – everything comes back to chemistry.

“As a medical practitioner I cannot deny the impact of emotional health on every cell. I believe the medical world must shift to embrace holistic practices in future.

“Covid was a message to us all – the world and particularly the medical community – to be more ‘with the patient’ and think more about metabolic health.”





Promoting muscular recovery, Normatec boots help to decrease muscle tension and inflammation

Prices for the programming start at €7,742 (£6,493) (excl. accommodation) for a seven-day programme.

The Holistic Longevity programme is also available for 10, 14, 21 or 28 nights. It is offered on a full board basis with a choice of accommodation.

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