

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



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Maria Shollenbarger AUGUST 18 2024



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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.