

NEWS SPORT BUSINESS LIFESTYLE CULTURE GOING OUT HOMES & PROPERTY COMMENT

7 WHOLESOME RETREATS TO BOOK FOR A TOTAL WINTER RESET: FOR EVERYTHING FROM BETTER SLEEP TO LONGEVITY

Learn how to live long at Euphoria Retreat, Greece

Best for: future-proofing health.



STAVROS HABAKIS

Even without the in-depth, feel-good programmes that Euphoria Retreat offers, a stay at this hillside destination spa hotel is naturally uplifting. Surrounded by fragrant pine and lemon trees, the bolthole is found just outside the fortified town of Mystras in the Peloponnese and oozes a joyful Greek approach to wellness. Newly launched is a diagnostic programme centred around longevity. The seven-day Holistic Health and Longevity Retreat seeks to release guests' emotional and spiritual blockages, caused by stress, trauma and self-limiting beliefs, which can cause health issues in many.

Through a variety of diagnostic testing, a personalised plan is devised for your stay, which includes IV therapies, fitness coaching, Chinese therapy and holistic practices based on ancient Greek philosophy. "Inspired by Byzantine civilisation, we aim to not just heal but to empower guests to embrace their higher purpose, enriching both themselves and society," says the retreat.

Book it:retreats cost from £7,916 for seven nights. euphoriaretreat.com