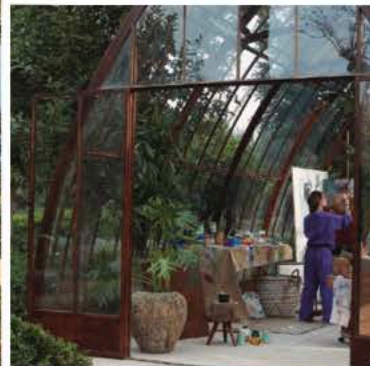


HEALING FROM THE INSIDE-OUT AT EUPHORIA RETREAT, GREECE

Euphoria Retreat—just above Sparta on Greece’s olive-dappled Peloponnese peninsula—just launched their 360-degree Euphoria Methodos Advanced Medical Programs. Their approach to longevity works deep within on a cellular level, intervening at the source, restoring health from the inside out. The program is tailored to each guest and can focus on myriad issues ranging from trouble sleeping to fatigue to immunity to menopause, or just general longevity. It begins at home one month before arrival with biomarker testing to identify underlying health imbalances. This is followed by precision medicine diagnostics, precise hyper-personalized interventions and prevention strategies including lifestyle changes, fitness plans, and “become your own healer” workshops that address every single aspect of individual wellness. A two-month after-care program ensures guests continue to feel supported, guided, and empowered long after they’ve checked out. In addition to having full access to the relaxing spa and programming, guests doing the medical program will have custom IVs, meetings with doctors, and time in the Human Regenerator machine (the world’s only 100% personalized full-body recharger for advanced cellular regeneration using cold plasma therapy, plus others). euphoriaretreat.com



RESTORING BALANCE AT ROYAL MANSOUR MARRAKECH, MOROCCO

The 27,000-square-foot spa at Royal Mansour Marrakech is a place where time stops and total wellbeing begins. In addition to a menu of massages, facials, and hammams, Royal Mansour Marrakech also offers all-inclusive, multi-day wellness programs for guests who want to immerse themselves in a transformative experience. Available as three, five, seven, or 14-day retreats, the programs offer a 360-degree approach to wellbeing with accommodations, daily treatments, a curated nutrition plan (eating healthy but well at the property’s restaurants led by Michelin-starred chefs) and activities including cooking classes and Pilates. Guests can choose between three programs—Rebalance, Rejuvenation, and Immunity Boost—with the goal of improving both mental and physical health, and will meet with their wellness advisor upon arrival and prior to departure to plan out a specialized program based on the guest’s needs and goals. royalmansour.com

AGING BETTER AT LA RÉSERVE GENEVA, SWITZERLAND

The Michel Reybier Hospitality Collection was founded in 2003 with the opening of La Réserve Genève, which sits in a 10-acre park on the lake’s right bank with views of the Jura mountains. The spa’s Nescens program was developed by Professor Jacques Proust, a pioneer in anti-aging medicine. Guests who participate in the signature Better Aging Programs receive a thorough medical evaluation on their first day. With the help of a team of professionals, guests gain a better understanding of their genetic, medical, dietary, and psychological profile, which informs the personalized 4- or 7-day itinerary. The program is tailored to individual goals, and incorporates three daily meals, exercise sessions with a personal trainer, and spa treatments. lareserve-geneve.com

