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This year's most glamorous luxury destinations



Euphoria Retreat

Where ancient Greek philosophy meets modern medicine

Euphoria Retreat, two and a half hours south of Athens by car, based in a 200-year-old mountainside mansion, is well known to spa lovers. Since Marina Efraimoglou opened it in 2018 — having given up banking and studied Chinese medicine for 15 years post cancer treatment — it has become one of Europe's best-loved health retreats. This year Efraimoglou has integrated high-tech diagnostics and treatments, with the aim of making it the best all-round medical healing facility in Greece. Now, before embarking on Advanced Medical Holistic Longevity retreats, guests are sent full diagnostic tests — from blood to urine and saliva — so they can begin their bespoke treatments immediately on arrival, using methods from cryotherapy to IV infusions.

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Health treatments at the spa are bespoke

The combination of science, philosophy, nature and emotional therapies now offered allows guests a chance “to try things. Some people will respond well to one kind, others to something else — here you can try a variety that work for you.” And afterwards guests can visit the surrounding forests, which are Unesco-protected, or visit Sparta’s ruins. And those, the passionate Greek says, “can’t help but make you feel better”.

Details *Retreats from £6,430 per person for a week, including all medical tests and appointments, and post-retreat support, euphoriaretreat.com*