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TRAVEL

Review: Euphoria Retreat In Greece – An Escape For Mind, Body & Soul

6 MIN READ | 15TH FEBRUARY 2025

by Health and Wellbeing

Travel writer and Health & Wellbeing Awards judge Sarah Highfield heads to the Peloponnese to discover tranquillity at [Euphoria Retreat in Greece](#)

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Greece might just seem like a collection of pretty islands with azure seas...but just wait until you uncover the vast mountain ranges and lush green forests of the Peloponnese, which is the peninsula on the southern tip of the Greek mainland, like I did recently. It is here, among the fragrant pine and lemon trees, where you will find [Euphoria Retreat](#), a luxury hillside spa hotel offering extensive [wellness programmes and outdoor activities](#).

Euphoria Retreat is bounded by its own private forest, and sits alongside the small fortified village of Mystras along with its 13th century Byzantine churches. This harmonious blend of nature and history ensures that guests enjoy a unique and well-rounded holistic wellbeing exscape and it's something you've got to experience.

Euphoria Retreat: Where comfort meets style



With just 45-rooms, Euphoria Retreat offers an intimate and personalised experience. Its monastic interiors are inspired by the colours (think muted golds and warm reds), patterns, and textures of the Byzantine era.

The softly lit rooms are spacious but feel cosy, and individually designed with cleanly-lined bathrooms featuring the hotel's in-house range of skincare products that are inspired by ancient Greek recipes and full of aromatic healing herbs. Most rooms have a private balcony, terrace, or courtyard, and every detail has been designed to invite you to slow down and rest – including the personalised pillow menu and huge beds.

I stayed in a [Euphoria Executive Junior Suite](#) in their lovingly refurbished 1830's Leoncini Mansion. The room featured gorgeous solid oak antique furniture; a private wraparound terrace with dramatic views across the Evrotas Valley complete with its olive groves and citrus orchards; and a large marble bathroom with double sinks and a walk-in shower.

Local Greek flavours at Euphoria Retreat



Situated at the heart of Euphoria Retreat is **Gaia Restaurant**, which serves breakfast, lunch, and dinner. Diners can expect a blend of regionally inspired contemporary Greek and Mediterranean dishes, with an emphasis on simplicity, nutrition, and flavour.

You can choose to eat from one of the nutritionist-recommended **'3GL' bespoke eating plans**, or simply select your meals straight from the a la carte menu.

With food being so central to my wellbeing experience, I was delighted to explore the locally inspired menu of seasonal, healthy, and tasty dishes. Standout plates included paspalas from Mani region, grilled talagani cheese, salad with volaki from Tinos Islands, orzotto with coq au vin, and gogges tsouchites (a local cheesy pasta dish).

Unwind at the Euphoria Retreat Spa



The **Euphoria Retreat spa** houses 15 peaceful treatment rooms and offers everything from massages, energy healing, cosmetic facials, and slimming treatments, to Homeopathic consultations, acupuncture, and lymphatic drainage.

The spa follows its own unique philosophy called the 'Euphoria Methodos,' which mixes east with west, ancient Hellenic medicine with traditional Chinese medicine, and science with naturalism.

Three spa treatments I tried were:

Five Elements Balancing Massage: This is one of the hotel's signature massages. It is based on the 'Theory of the Five Elements of ancient Greek and traditional Chinese medicine,' which separates nature into five categories, each with distinctive characteristics that are reflected in patterns of human health and behaviour. The massage aims to create harmony and balance across the different elements.

Human Regenerator Jet: This treatment takes place atop a high-tech bed that uses cold atmospheric plasma (CAP) technology to help fight ageing, pain, and various health problems through cell rejuvenation. It also uses PEMF (Pulsed Electromagnetic Field) to combat a variety of conditions, including chronic pain and arthritis, and support recovery from injuries.

Sanctuary for Busy Minds: This energy healing session combines various techniques to relieve stress and bring a profound state of calm. The therapist begins by opening energy channels in your feet, before moving up your body to your head. The session is designed to reduce anxiety, regulate hormones, and improve sleep.

Outside of treatments, guests have free use of the gym, indoor and outdoor swimming pools, relaxation areas, waterwell (Kneipp therapy), tepidarium, sauna, experience showers, steam bath, cold plunge pool, ice mist, and California hot tub.

Adventure awaits



Euphoria Retreat offers guests a packed schedule of daily activities, which make the most of the hotel's facilities and natural surroundings. Activities include energising morning runs, mountain hikes, HIIT classes, circuit training, yoga, Pilates, and mindfulness sessions. For history lovers, there is also a fascinating tour of the UNESCO World Heritage Site, **Mystras Castle**, with a local archaeologist.

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If you prefer to explore alone, maps are available of various hiking trails, in the hotel's private forest and further beyond, which suit all abilities and timeframes.

The verdict

Euphoria Retreat founder, Marina Eframoglou, has truly created something special. The adults-only hotel is quiet and peaceful, with friendly and welcoming staff who will go out of their way to help you settle in.

Meal times are a joy thanks to so many delicious, and nourishing dishes to choose from. The private forest with hiking trails is delightful; it is hard to ignore the healing properties of being immersed in nature, with fresh clean air, and stunning views everywhere you look.

Whether you visit for a two-week retreat programme, or just a long weekend, you will leave feeling calmer and refreshed.

Greek mountain packing tips



- **Swimwear:** Do not forget your best swimwear; you might be in the mountains, but Euphoria Retreat has two beautiful swimming pools to lounge around. I took my favourite Camille swimsuit by **Hunza G**, a sustainable-luxe swimwear brand which makes classic 'one-size-fits-all', super stretchy swimwear (this is perfect if you are different sizes on your top and bottom). It is elegant looking with no digging in at the sides, but also supportive enough to swim laps in.
- **Yoga and activewear:** For exercise and wellness sessions, I packed a selection of **Wellicious** sets as they are breathable, circular, and Cradle to Cradle Certified. They are perfect for movement, while still being smart enough as lunchtime attire.
- **Warm layer:** While the weather is mostly pleasant and warm, the mountain side location can be cooler in the evenings. I took my cosy Chamlang Half Zip Pullover from **Sherpa Adventure Gear**, the half zip style was perfect for in-between weather. Impressively, every item purchased from Sherpa Adventure Gear provides a donation to Room to Read's Nepal Education Program.
- **Hiking shoes:** The hotel's forest trails are really fun, so make sure you pack appropriate footwear to hike in comfort as regular trainers may be too slippery. I wore a sturdy pair of **Salomon** Ultra X hiking shoes with all-terrain grip to keep me stable and protected while I explored – they were perfect for the steep hills and ensured I did not have any unexpected slips or falls.
- **Suitcase:** I travelled with a carbon-neutral **Paravel** Aviator Carry-On More that is stylish and perfect for short breaks.

Getting to Euphoria Retreat

My accommodation and flights were arranged through **Health Travel**, which specialises in luxury wellness breaks. I flew during low season with British Airways from London Heathrow Airport to Athens Airport, and then took a private transfer (two-and-a-half-hour drive) organised by the hotel in one of their eco-friendly Teslas. During high season, Kalamata Airport is open and closer to the hotel (one-hour drive).

Hotel Snapshot

What: Euphoria Retreat hotel

Where: Mystras, Peloponnese, Greece (60-minute drive from Kalamata Airport and 150-minute drive from Athens Airport)

When: Year-round with average temperatures of 13°C in winter and 31°C in summer

Rooms: 45 spacious rooms with views across the valley or towards the forest

Hotel rating: 5 stars

Price: From €410 per night for a Classic Double room with breakfast

Website: euphoriaretreat.com

Instagram: [@EuphoriaRetreat](https://www.instagram.com/EuphoriaRetreat)

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Born in Hong Kong and based in London, **Sarah Highfield** is a travel and wellness writer as well as a judge for the **Health & Wellbeing Awards**. Follow her travels on Instagram: [@SarahHighfield](https://www.instagram.com/SarahHighfield)



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