

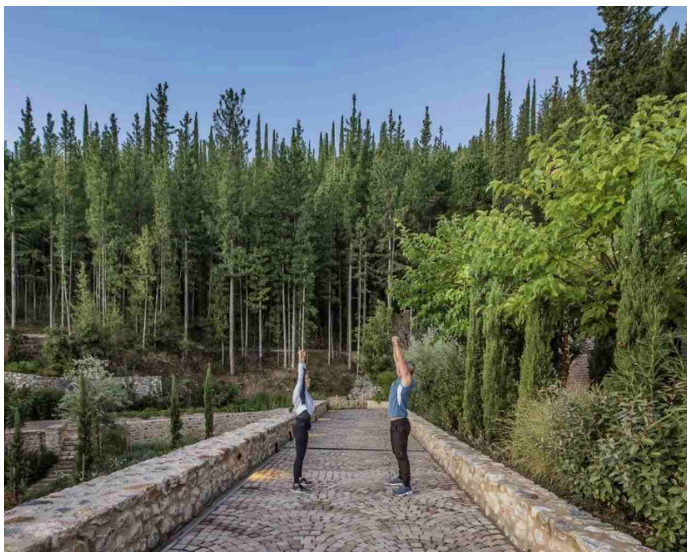
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The new luxury is stillness: 'Calmcations' – the travel trend to know

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Karen Jones

Life keeps getting faster. But here's the twist – travellers are hitting the brakes. Welcome to 'calmcations', where luxury meets letting go.



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We're seeing a real change in what people want from their time away. Gone are the days when a vacation just meant escaping the office. Now, more of us are looking for something meaningful – real connections with nature, with others, with ourselves. From forested Greek sanctuaries to riverside Asian wellness villages, these enclaves redefine what it means to recharge.

Euphoria Retreat, Greece – Hidden in the Hills

Tucked into the green folds of the Peloponnese mountains, Euphoria Retreat feels like stepping into another world. This special place weaves together ancient healing with modern wellness. Here, the boundary between nature and nurture dissolves. Highlights include:

- Wander through centuries-old pine forests for morning meditation and hiking
- Be soothed by sound healing, yoga and mindfulness, weaving together Byzantine ritual and modern neuroscience
- Flow through the day with transformative energy work, personalised emotional healing and holistic spa therapies

£1,034 (1,245 Euros) for 3 day 'Feel Alive Again'