

spa opportunities

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Hellenic philosophy inspires Euphoria Retreat

A new holistic wellness destination with a dramatic four-storey spa has opened in the Greek Byzantine town of Mystras.

The Euphoria Retreat includes 45 bedrooms and suites, some with their own whirlpool or hammam bath, and takes a pioneering approach to nutrition, using metabolic medicine: the study of how what we eat determines our health.

The new destination spa blends a range of philosophies and medicines designed to enable emotional and physical transformation. Their core concept draws inspiration from a number of sources: Ancient Greek philosophers, Hippocratic medicine, Taoist philosophy and Chinese medicine.

Landscaped into the earth, the spa rises over four levels, with a 25-metre Waterwell Kneipp Therapy at its heart. Other facilities include a sphere pool with



The destination spa is landscaped into the earth in the town of Mystras

hydrotherapy jets, a warm water Watsu pool, Byzantine Hammam, infrared and laconium Finnish saunas, speleotherapy-salt room, tepidarium and herbal steam baths.

Guests are offered a selection of goal-specific programmes and signature retreats up to 21 days in length. All health programmes start

with a 3GL test, which analyses the level of glutathione, said to be a key biomarker of metabolic health. Every guest is given a customised diet designed to guard against a range of metabolic disorders, from 21 types of cancer to heart attacks, strokes and type 2 diabetes.

Staying true to the healing traditions of Ancient Greece, Euphoria Retreat's philosophy is centred around achieving balance in body, mind and soul. Most wellbeing programmes will focus on the five constitutional elements of Earth (Gaia), Fire (Pyr), Water (Ydor), Wood (Air) and Metal (Aethir), and their related energies and emotions.

The retreat will offer a cleansing experience through personalised treatments, transformation consultation, physical exercise, diet and mental coaching.

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Euphoria Retreat now open in Greece

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The healing and rebalancing journey is supported throughout Euphoria Retreat, with the spa facilities, restaurant and accommodation designed to fully complement the therapies.

Personalised healing programmes take a holistic approach to addressing physical, emotional and spiritual needs. Programmes are tailored around individual needs, including detox, weight loss, rejuvenation, self-awareness, personal development, yoga or relaxation.

A variety of individually designed programmes include Signature Retreats, mini retreats, wellness consultations and mental coaching, as well as a range of massage therapies, signature bodywork experiences, holistic healing practices, face and body treatments, wellness coaching, and body and movement fitness activities that focus on bringing balance and harmony.



The four-storey spa includes a sphere pool with hydrotherapy jets

In addition, a wide selection of treatments will be available. These include consultations, massages, energy healing treatments, specialised therapies, cosmetic facials, hydrotherapy treatments, emotional guidance and healing sessions, body treatments, body movement and fitness – including forest meditation, holistic transformative sessions, mindfulness treatments and mind detox sessions.

Details: http://lei.sr?a=Z7Q4M_S

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