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Euphoria Retreat to debut in Greece this spring

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Euphoria Retreat is a holistic wellbeing destination spa opening in the Greek Peloponnese in May.

The new spa will offer an unusual blend of treatments and experiences to enable health and personal transformation, using Ancient Greek and Chinese philosophies and medicines.

Nature and history combined ensure a remarkable setting for Euphoria Retreat.

Located two and a half hours drive from Athens or less than an hour from Kalamata, Euphoria Retreat is in the heart of the Peloponnese.

Situated in a valley on the edge of the Byzantine town of Mystras, a 13th century UNESCO World Heritage site, a backdrop of mountains, citrus and orange groves offer spectacular scenery.

Euphoria Retreat has been sympathetically created in harmony with this surrounding environment.

A modern interpretation of classical Byzantine architecture and iconography results in a striking design, with calming gold and earthy colours, arches and soft curves.

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The décor is a constant interplay of light and shade, warm and cold, yin and yang to create a Zen environment.

A garden stretches out to the front, with areas dedicated to the five elements and their different energies.

A private forest provides over 78,000 sqm of space for biking, trekking and outdoor classes, and the beautiful beach of Gytheion is 40 minutes by car.

Euphoria Retreat's philosophy is centred around achieving balance.

All treatments will address the three levels of existence: emotional, physical and spiritual.

Every guest may choose to have a personal mentor to stay them on their