

SPAS

The 20 best spa hotels

Our spa editor Susan d'Arcy picks her favourite palaces of pampering in Britain, Europe and beyond



Perfect your chakrasana
PIETER-PAUL GROENHUIJSEN

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This year's hottest new wellness destination: Euphoria Retreat

FOR HOLISTIC RELAXATION

Euphoria Retreat, Greece

Marina Efraimoglou was the first chairwoman of a Greek bank when she saw the light and retrained in traditional Chinese medicine. Eleven years later, she is about to open this year's hottest new wellness retreat on the edge of the 13th-century town of Mystras, in the Peloponnese. Her concept fuses Greek and Taoist philosophies in a photogenic four-storey spa built into a mountainside.

Two nights from £565pp, full-board, with seven treatments;

euphoriaretreat.com