



COVER STORY

Greece special 2018: the best beach and island holidays

Sparkling seas, hidden beaches and proper culture: nowhere does the classic summer holiday better

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Windmills stand guard over the village of Oia, on Santorini
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Peloponnese spa retreat

Euphoria is not a state of ecstasy, but a deep and contented feeling of wellbeing. The new Euphoria Retreat, in the woods above Mistras, on the Peloponnese, aims to achieve exactly that through the application of a wellness concept inspired, it says, by a combination of ancient Greek and Taoist philosophies and Hippocratic and Chinese medicine. It all takes place in a 45-room complex, which, when it opens this May, will feature a spa spread over four floors — the biggest to open in Europe for years. Five nights of Euphoria start at £1,250pp, full-board (thehealthyholidaycompany.co.uk).