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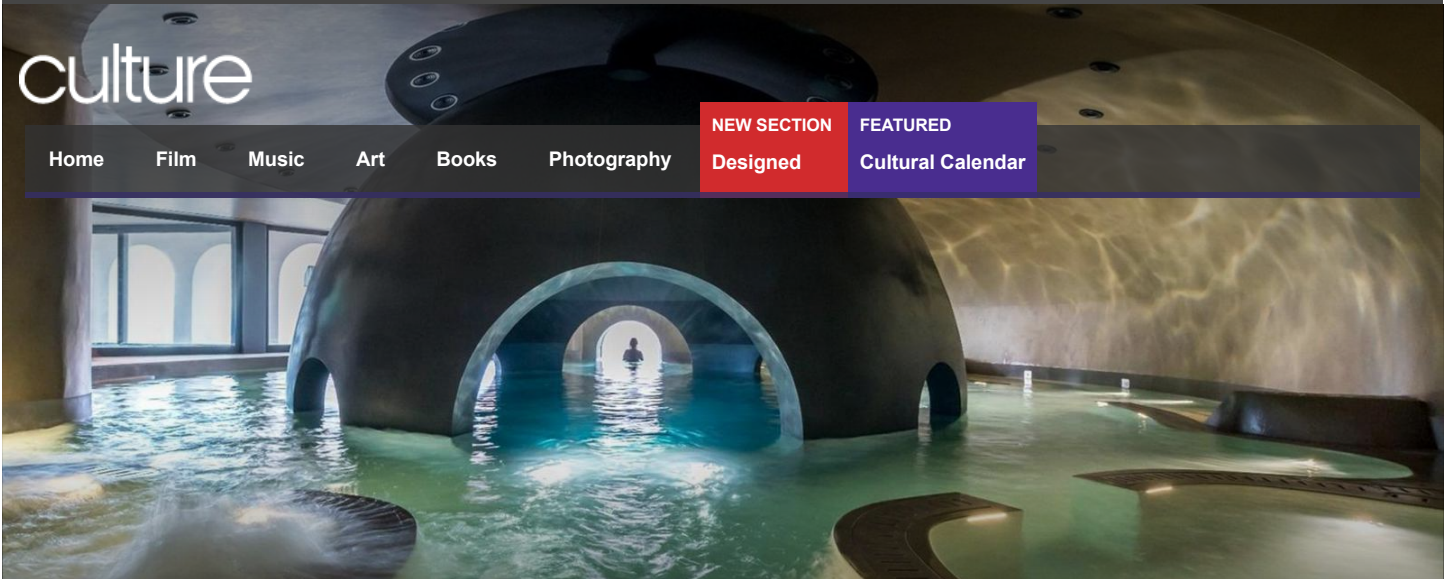
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The world's most beautifully designed spas

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From heavenly hammams to spectacular, sky-high plunge pools.

By **Andrea Watson**

1 November 2018





Earthy delight

Located near the fortified town of Mystras, now a UNESCO World Heritage site, the new Euphoria Retreat spa on the Peloponnese, proclaims itself as a European alternative to its Asian counterparts such as Kamalaya and Chiva-Som. Essentially, it is a hybrid of East-meets-West ideas stemming from Taoist and Greek philosophers, aimed at providing a transformative experience. The architecture takes its cue from this ideal. Built into the side of a mountain, its tranquil atmosphere comes from being literally part of the earth. Along with steam rooms, saunas and ice showers, the Euphoria Retreat has a Byzantine-style domed hammam and a 'deprivation pool' where the water temperature is matched to the human body allowing - in theory - 'complete mental and physical escape.'