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October 22, 2018

5:2 YOUR HOLIDAY WITH 3 OF THE BEST WELLNESS BREAK ADD-ONS

Featured, Mind



We all know the benefits of the 5:2 approach to healthy eating. So why not adopt this formula on your next holiday? Here are 3 of the best 2-3 day wellness breaks that can offer a healthy ending to a holiday of excess. Because it's about balance, right?

AFTER YOUR CULTURAL HOLIDAY - RESTORE AT EUPHORIA RETREAT GREECE

The ancient Greeks believed life was to be celebrated and happiness and joy is central to achieving balance, harmony and life change. Whether you have been exploring the city or historical surrounding area, [Euphoria Retreat](#) invites you to add-on a [Weekend Retreat](#). This includes includes a relaxing time in the magical setting of the byzantine hammam with natural scrub, an engaging and beautiful aroma massage, a personalised bath session and a group experience of meditation. The beautifully designed facilities, the abundant nature of Euphoria Retreat and the welcoming environment will help clarify the mind and help restore overall vitality before returning home.

Weekend Retreat from £704pp for two nights, single occupancy on FB basis. (Relax and De-stress and Inner and Outer Glow programmes also available).



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