

FITNESS ■ OCT 30, 2018

10 Incredible European Travel Ideas for Beauty Addicts

by AMY LEWIS



Summer may have packed its bags and headed south of the hemisphere, but if you're feeling the effects of darker mornings, shorter days and temperatures with an icier bite, we've found the perfect solution: Start planning your next holiday.

Whether you're a fly-and-flop kind of traveller or keen for a little more action, we've rounded up a few of the best destinations in Europe to put on your bucket list—all with one thing in common: they're perfect for beauty addicts and spa obsessives. Thermal springs for a full detox, mineral lakes renowned for glowing skin, spas you just have to see to believe... We've covered all bases for a wellness trip of a lifetime. You just need to do the booking.

Keep scrolling for the 10 European travel ideas every beauty obsessive needs on their radar.

1/10



A fusion of ancient Greek wellness traditions and Chinese medicine, the philosophy at the [Euphoria Retreat](https://www.euphoriaretreat.com) is all about rebalancing. If you're looking to break out of a health rut, this is the place. Enjoy yoga sessions, tai chi and fitness classes; deep tissue massages, reflexology and meditation; nutritional advice and a healthy Mediterranean menu. Start with the inside and finish up with luxe facials, sauna sessions and a dip in the icy plunge pool for a top-to-toe glow. The outdoor infinity pool is also an Instagram must.

Website: [euphoriaretreat.com](https://www.euphoriaretreat.com)

7/10

