



EUPHORIA'S Definition

EUPHORIA RETREAT REFINED LUXURY AND WELL-BEING GO HAND IN HAND WITH THE NATURAL BEAUTY OF MYSTRAS AND THAT IS WHERE THE JOURNEY OF THE SENSES BEGINS



Water, earth, fire, wood and metal (aether), the Five Elements which, according to Chinese and Ancient Greek philosophy, symbolize the seasons and connect man with nature, are the protagonists at the impressive **Euphoria Retreat**. This place reminds us that accommodation can be an experience in its own right and the destination can become yet another trip. A journey to that inner balance, the state of physical and spiritual well-being: essentially what ancient Greek philosophers defined as fine living.

LUXURIOUS ESCAPE

The retreat's unique energy resonates in the 45 spacious rooms and suites, where elegance meets luxury and comfort, creating the perfect ambience to help you relax and unwind. Meanwhile, the touches of Byzantine art blend perfectly with the beautifully decorated rooms, which combine Zen minimalism with modern amenities. The furniture is made of solid wood, with each room boasting a unique character, featuring marble or wooden floors and

signature amenities and offering an unforgettable experience. However, if you are looking for absolute privacy, you will find it in any of the six rooms of the fully renovated Leoncini Mansion which dates back to 1830 and features private dining services. Almost all of its windows open to a balcony or terrace with a beautiful view of the privately-owned forest, the citrus tree orchard and the castle of Mystras.

A HOLISTIC JOURNEY AND A TRANSFORMATIVE EXPERIENCE

Built on the mountain slope, the **Euphoria Retreat** Spa blends in perfectly with the surroundings and promises moments of relaxation and wellness. Right from the reception lounge and all the way to the gym studios and the therapy rooms on the ground floor, the place emanates coziness, palpable in all four floors designed to lead you step by step to ultimate rejuvenation. Your «guide» from one level to the next is a spiral water well ladder which reminds us of the therapeutic effects of water, the element most inextricably linked to birth and meditation.



On the first floor, the ground-breaking Sphere Pool features hydrotherapy jets and submerged benches, while the journey to total rejuvenation continues at the Tepidarium, the Byzantine Hammam, the Watsu pool, the Steam Room, the Cold Plunge pool and the circular Finnish Sauna. You eventually reach a relaxation area where you can take some time to realise what your senses have just enjoyed. The journey, however, is not over yet, since you should also visit the treatment rooms on the second floor and the yoga and meditation rooms on the top floor, which uniquely combine outdoor exercise with the California Hot Tub that offers panoramic views of the forest. The experience which gives a whole new meaning to the concept of rejuvenation of the body, mind and soul has come to an end.

SERVING PURE AND AUTHENTIC FLAVOURS

The restaurant owes its name to the authenticity which is simply there around every corner of the **Euphoria Retreat** as well as to the rich Peloponnesian terrain. If you are wondering how purity of ingredients can escape the threat of subduing the fine flavours of the dishes, GAIA has the answer.

Choose your table under the mulberry trees, on the terrace or at the grapevine in the patio and enjoy your meal in a natural environment with a view. Alternatively, choose a table where you can share your dining experience with other guests or a more private area. Taste a personalized wellness menu or the restaurant's gourmet à la carte, all prepared daily using healthy seasonal ingredients. Don't miss the bar for smoothies or a light drink for your meal.

Guests for whom tasting fine flavours is simply not enough will find the restaurant's special kitchen for cooking classes, where chefs and nutritionists share their knowledge, quite intriguing.

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THE OWNER'S JOURNEY LED TO THE VISION

The **Euphoria Retreat** was created when Marina Efraimoglou's personal journey became a vision of life balance. After winning the fight for her health and becoming acquainted with the fascinating world of Chinese medicine and the five elements, she knew she had to create a place where people with similar needs would reach physical and spiritual well-being, a place they could call home.

Having visited many therapy centres around the world, she always felt that something was missing as far as the soul of the place was concerned. Thus, her journey brought her back to the ancient Greek philosophers, who knew how to "celebrate" life. Mystras - a UNESCO protected area - emanated the balance, the power and energy that the place she envisioned had to send forth. As a result, it became the place that would host her vision: the place that will help you reconnect with your inner self and bring change to your body, spirit and soul.



EUPHORIA RETREAT / MYSTRAS, SPARTA, GREECE
www.euphoriaretreat.com