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MICHELIN-Starred
 Core by Clare Smyth



Health

Your wellness travel plan for 2019

Where to go, when to go and how to get there. We picked a health resort for every month of the year ahead...

BY GQ

1 day ago



Follow your every wellness whim in 2019 with a year's worth of inspiration and motivation to indulge in health-enhancing wellness experiences around the world. From January detox retreats in Switzerland to summer fitness breaks in Ibiza, this is our month-by-month guide to the best healthy holiday destinations for 2019, so you can make this the year to nourish your mind, body and soul.



September: Reboot your health in Greece – Euphoria Retreat

Euphoria Retreat is the perfect place to relax and redefine the relationship between your mind and body. Reinvent yourself through a wide range of rejuvenating spa treatments designed to help guests achieve an enduring inner-balance. Enjoy their delightful cuisine that is not only delicious but also significantly boosts your metabolism and energy levels. Experience an authentic healing philosophy that draws inspiration from both Eastern and Western medicine. With complimentary spa treatments and health-boosting fitness classes, take a healing journey of transformation at this tranquil Greek retreat.

Seven nights at Euphoria Retreat from £2,195pp or £2,520 for single occupancy. Price includes full board, a wellness programme and return private transfers.