

# The world's best and most luxurious retreats to bust your budget



Ute Junker



The relaxation area at Las Ventanas al Paraiso.

Face it. Few experiences are as soothing as stepping into a luxury spa, where the air is scented with aromatic oils and the softly spoken therapists seem to anticipate your every need. Peek behind the scenes, however, and you will find that feeling good is big business.

Wellness travel is one of the peak drivers of the travel industry, growing by 6.5 per cent annually. In 2017, wellness tourism was worth \$639 billion; by 2022, it is predicted to grow to \$919 billion, according to the Global Wellness Institute.

The wellness boom is part of larger changes sweeping the travel industry, with travellers less interested in the destination than in the outcome.

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## THE TREATMENT

# PSYCHO-AROMATHERAPY

IDEAL FOR Fragrance fans

THE SPA Euphoria Retreat Spa, Mystras, Greece. Greece's first destination spa draws on healing practices and philosophies from ancient China as well as ancient Greece to help guests achieve their goals.

WHAT TO EXPECT Also known as olfactory wellbeing, this fragrant treatment uses essential oils to delve deeply into the patient's subconscious. The goal is to use the links between our sense of smell and our subconscious not only to help patients uncover their less-developed talents but also to identify any areas that may be troubling them. As each oil is associated with a specific area or emotion – such as joy, action or truth – the guest's reaction to the oils helps identify areas on which to focus. Guests may choose to incorporate the oils that they respond to most strongly in their daily life.

HOW MUCH €50 for a 30-minute session.

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