



EUPHORIA DISCOVERY (3 or 5 days)

If you feel that you are ready to experience alternative vacations, start your rejuvenating journey of wellness while discovering the feeling of Euphoria Retreat. Through signature relaxing and luxurious treatments that focus on restoring the balance in your body, mind and soul, Euphoria Discovery is the ideal program for you to enter the spa world and aiming to produce a deep feeling of renewal and induce immense calmness.

Is the Euphoria Discovery for me?

This Programme is for you if on your journey to holistic healing and rejuvenation

- You are seeking for new experiences
- You want to experience invigorating treatments that use traditional healing practices and unique specialties based on Euphoria's holistic approach to wellness
- You want to experience relaxation and discover the more specialized programs that Euphoria Retreat has to offer

Unwind and relax in Euphoria's Retreat tranquil surroundings and reconnect with yourself while exploring all aspects of Euphoria Methodos and enjoying our signature experiences meticulously designed to bring mental, physical and emotional harmony.

You will begin your programme with an initial wellness consultation during which we will discuss and discover the physical and mental state needs you want to address. Following through our 3gl nutritional analysis you will be guided through our own unique nutritional approach aimed at giving you an appropriate anti-oxidant-rich diet to increase your metabolism.

During your stay, you will experience a range of treatments that are designed to increase vitality and promote mental, emotional and spiritual clarity. Combining the wisdom from ancient therapeutic rituals, holistic healing practices and emotional therapies, aiming to produce a deep feeling of balance and relaxation, open energy pathways and harmonizing your entire body.

Revive by joining our daily wellness activities that will help re-train your mind to think differently and embark on your own wellbeing, the best way to take care of yourself.

What are the benefits of my Euphoria Discovery?

- You will feel relaxed and rejuvenated
- Deep feeling of balance, relaxation and wellbeing
- Revitalized mind and body
- You will escape from the day-to-day stress and pressures of the modern world
- You will be pampered and take time to take care of yourself and body

Our gift to you

You are welcome to spend as much time as you like enjoying our beautiful and extensive facilities spread over the four floors of our Spa: outdoor and indoor pools leading to the meditative experience of our Sphere Pool with hydrotherapy; the Tepidarium with steam baths, Finnish sauna, cold plunge and ice mists; the Waterwell with Kneipp Walk Therapy and indoor and outdoor relaxation and recreation spaces.

We hold different, complimentary daily activities such as lectures, morning hikes, and a Technogym-equipped gym with TRX. Our roster of activities includes yoga, mat Pilates, energy movement and fit walks.