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The best wellness destinations in the world



These are the Condé Nast Traveller Spa Guide 2020 winners: the top-level retreats and medi-clinics, the most-results-driven health centres and the slickest spas.

Here is this year's run of the best of the best





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2020

EUPHORIA RETREAT, GREECE

SPA GUIDE 2020 WINNER: BEST FITNESS PROGRAMME



Heavyweight action against a historic backdrop

In the ancient world, the Spartans were famed for their fighting prowess, with only the strongest, fastest and most focused surviving their rigorous boot camps. Fast-forward a couple of millennia and Euphoria, one of [Europe's](#) best destination spas, sits on the Peloponnese town's doorstep. The Spartan Spirit of Adventure programme here certainly ticks all the boxes for modern-day workout warriors. It places emphasis on exercising outdoors, proven to burn calories, boost mood and lower blood pressure more efficiently than a gym session, with plenty of HIIT for devouring visceral fat. But, best of all, it weaves in the region's history, putting a 21st-century spin on the games played by those musclemen of old.

Healing Holidays (+44 20 7843 3594;

healingholidays.com/condenast) offers a three-night Spartan Spirit of Adventure programme from £1,699 per person, full board, including flights and transfers. Healing Holidays exclusive: book 45 days in advance and receive a 12 per cent discount on accommodation and board. Valid for stays until 31 Dec 2020.