

SPA & BEAUTY *today*

SPAS

BEAUTY

WELLNESS

TRAVEL

LIFESTYLE

EVENTS

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THE SPA INSIDER IS NOW SPA & BEAUTY TODAY! THE MODERN LIFESTYLE GUIDE TO SPAS, BEAUTY, WELLNESS, AND RETREATS

UNIQUE WELLNESS TRAVEL
DESTINATIONS AROUND THE
WORLD: WELLNESS RETREATS,
HOT SPRINGS AND MORE

LIZZY SHERMAN · AUGUST 9, 2020

Wellness Retreats

Where: Mystras, Greece



Euphoria Retreat in Mystras Greece.. [Image courtesy of Euphoria Retreat]

Hotel/Resort: Euphoria Retreat

Wellness Experience: Euphoria's Signature Retreats cover a variety of disciplines and intentions. For example, Euphoria offers the [Spartan Spirit of Adventure](#) retreat, where guests spend a week exploring Sparta through hiking, cultural walking tours, interval training, cycling, rock climbing, swimming, and much more. Activities take place in multiple cultural locations to enjoy the beauty and history at Euphoria's doorstep. Personalized Programs are another way to experience transformation at Euphoria and include *Emotional and Physical Transformation*, *Euphoria Fitness*, *Euphoria Balance and Recover*, *Wellbeing & Detox*, *Advanced Weight Loss*, *Relax and Destress*, *Yoga & Mindfulness*, and even an *Escape For Couples*, among others. Fitness classes such as yoga, pilates, and personal training are available, along with an array of treatments that cover energy healing, emotional healing, guided meditations, acupuncture, hydrotherapy, and more.

Learn more: [Euphoria Retreat in Mystras Greece](#)