

Wellness Living & Travel

# organic spa

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## Euphoria Retreat Greece



The Greeks set the groundwork for wellness and well-being as we know it, initiating a philosophy that embraced nature to achieve the harmonic healing of mind, body and spirit. Fusing this Hellenic tradition with Chinese medicine's focus on the five elements (water, wood, fire, earth, metal), this hideaway in enchanting Mystras, on the Peloponnese peninsula, specializes in bespoke programs geared at transformation on all levels.

Its four-story spa holds an abundance of offerings, including a Kneipp pool. Built into the mountains, Euphoria is literally at one with nature, and the wellness programs function at the highest levels, whatever your goals are, whether you are looking for an Immunity Reset, Balance, WellBeing Detox, Weight Loss, Nutrigenomics, Relaxation and Destressing or more. [euphoriaretreat.com](http://euphoriaretreat.com)

