

NEXT BIG TRIP

9 of the world's best wellness retreats

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Euphoria Retreats, Greece: Nutrition is a key aspect of the wellness treatments offered at this escape in an historic landscape.

Euphoria Retreats

(CNN) — Being pummeled by strangers, soaked in aromatic waters, or encouraged to throw yoga shapes in beautiful surroundings isn't going to erase the problems of the past two years.

But for those of us still carrying the baggage of anxiety or long-term health consequences brought on by these fraught times, such wellness-inducing activities will certainly come as a welcome escape.

Whether you're looking for deep cleanses amid the snowy peaks of New Zealand, massages in the Maldives and Saint Lucia, or spa therapy in Saint Lucia, here are some of the best rejuvenation hotspots the world has to offer.

Aro Hā, New Zealand

Surrounded by the snowy peaks of the Southern Alps, Aro Hā says it has a simple kaupapa, or purpose: to regenerate the mind and body.

It doesn't come easy though -- guests are expected to cut ties with alcohol, caffeine and cigarettes before arriving for their wellness journey.

Days at Aro Hā start with the chiming of Tibetan bowls, dynamic Flow Yoga against the backdrop of the rising sun and a breakfast of carrot loaf with an apple butter and berry coulis, all sourced from the resort's garden.

To keep up the mind, body and spirit cleanse, the kitchen is plant-based with an emphasis on garden-to-table. Fitness is just as key, so enjoying a subalpine hike around the region before some spa time and a therapeutic massage is highly recommended.

Euphoria Retreat, Greece



Euphoria Retreat offers unique wellness activities such as laughter yoga to clear the mind.

Euphoria Retreats

The charming hill village of Mystras is a cooler escape from the plains of Greece's inner Peloponnese region, and a gateway to the fabulous ancient wonders of the Byzantine fortress that overlooks it.

It's also home to another escape. Euphoria is a spa resort complex built in a classical style that offers guests, among other things, treatments specifically designed to aid post-pandemic recovery.

Euphoria's "Feel Alive Again" program aims to relieve guests of pent-up negativity through a combination of activities such as laughter yoga, breathwork and music.

The resort says these activities are designed to coax out unconscious thoughts and feelings to cleanse the mind.

It also offers a patented "3GL PLUS" therapy that measures the most important markers for metabolic health as guests journey through Euphoria Methodos, the spa's approach which combines holistic Hippocratic medicine with Taoist spirituality.

Hopefully, guests leave in a state of euphoria.

Euphoria Retreat