



An enchanting luxury hotel in Puglia is Borgo Egnazia

## A feeling of euphoria in Greece

The clue's in the name: Euphoria Retreat has the most uplifting setting, surrounded by forest in Greece's magnificent Peloponnese Peninsula. Retreats range from serious commitment (weight loss, emotional transformation, sleep programmes) to pampering treat, and you can dip in and out as you choose. The outdoors plays a starring role: yoga, meditation and massages take place in open-air salas surrounded by trees, suite terraces and the knock-out pool have far-reaching views over the landscapes.

**How to do it:** A week's Yoga & Mindfulness package costs from £2,979pp, full board, including private yoga sessions and various nurturing treatments, with Healing Holidays ([healingholidays.com](https://healingholidays.com))



Euphoria Retreat is cloaked by forest in Greece's Peloponnese Peninsula | CREDIT: Stavros Habakis

## Horizontal healing in Ibiza

The party island has reinvented itself as wellness guru, practising a laidback, New Age kind of wellness – think sunrise yoga on gorgeous beaches, expressive dance and reiki healing, and nodding off while a shaman bongs a sound bowl. Many resorts have wellbeing as a focus, whether it's healthy eating or the full five-star spa offering, such as Six Senses Ibiza, set on its own sustainable agricultural estate; while boho-chic Oku Ibiza on Cala Gració has a new programme of relaxation rituals (reiki, crystal healing, CBD oil massages) and a new raw bar for this year.

**How to do it:** Scott Dunn offers seven nights at Oku Ibiza from £1,800pp in a Superior Room, including B&B, flights and private transfers ([scottdunn.com](https://www.scottdunn.com))