



SPA GUIDE

## The Best Spas in Europe, From Swiss Clinics to Greek Retreats

*The continent has abundant options where you can restart, relax, and reboot.*

BY EMMA LOVE  
August 9, 2022



A **Europe spa break** is a great way to physically and emotionally reboot—often through a customized combination of hi-tech health tests by expert doctors, feel-good massages, and a refined diet, all in a stunning back-to-nature setting. Of course, finding the best spa really depends on what you're looking for—do you want a retreat, where you can really get away from it all, or would you rather a chic spa housed in a hotel, where you can float in and out of your treatments with ease?

Whether for cutting-edge treatments that tackle a specific issue such as insomnia or stress, or a cossetting retreat that rebalances and energizes, this is our pick of the top game-changing spas in Europe that really deliver on wellness.

---



Euphoria Retreat

## 6. Euphoria Retreat, Greece

When Euphoria first swept onto the wellness scene in 2018, it instantly made a name for itself as a credible alternative to *Asia's* destination spas, thanks to an approach that merges Hippocratic beliefs about the importance of holistic healing with Taoist spirituality. More recently, it has focused on fitness too, except rather than tedious treadmills and gym workouts, Spartan Spirit of Adventure combines exploring the region of Sparta with HIIT sessions at the Sainopoulio amphitheater and hikes through pretty pine forests. Other popular programs include Wellbeing Detox and Yoga and Mindfulness; the latest addition is the three-night Feel Alive Again, a *post-pandemic* recovery which aims to release pent-up negative emotions and stress. The spaces themselves are cocooning, from the semi-immersed dome structure in the hydrotherapy pool to the rooms that nod to Byzantine architecture. This is an experience that feels rooted in its surroundings, which, in turn, leaves guests feeling emotionally and physically grounded too.

**Address:** Euphoria, Mystras, Sparta, Greece

BOOK NOW WITH EXPEDIA