

Euphoria, Sparta, Greece



STAVROS HABAKIS

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Near Sparta in the Peloponnese, Euphoria lives up to its name: elation is reached during journeys of transformation, helped along by the forest setting, which is within the Unesco World Heritage Site of Mystras, in the foothills of Mount Taygetos. Meals (of delicious Mediterranean dishes, of course) are tailored to each individual guest, based on how their body metabolises food, and the goal is nourishment, balance and enjoyment, not deprivation. This philosophy extends to private dining at the Leoncini Mansion, which was built in the 1830s and is one of the most romantic corners of the estate.

Signature retreats include Feel Alive Again, a four-night programme created to help attendees recover from the effects of the pandemic; a Spartan-inspired week of fitness in the great outdoors; and a three-day path to cultivating more meaningful relationships. You'll also be able to channel Odysseus and embark on your own epic journey. Spa treatments range from reflexology and reiki, to massages on a quartz bed, Watsu, Theta Healing, chakra balancing and even psychic consultations. - **Caroline Lewis**

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