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# 10 BEST RETREATS FOR A WELLNESS-INFUSED CHRISTMAS AND NEW YEAR

*Travel*





## UNDERNEATH THE MYSTRAS-TOE: COUPLES ESCAPE AT EUPHORIA RETREAT, GREECE

'Tis the season to treat yourself and get some much-needed bonding time with that special someone at this luxury couple's spa retreat programme set in the Greek town of Mystras in the foothills of Mount Taygetos. Your wellness escape begins with the refreshing and de-stressing Byzantine Hammam ritual before you indulge yourselves in relaxing massages and an exfoliating salt room treatment. Grow stronger as a couple and marvel

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at the wonders of your history-steeped surroundings on this short but sweet couple's healthy break that will leave you feeling healthier and happier.

2 nights at Euphoria Retreat from £920pp sharing or £1,175 for single occupancy. Price includes breakfast, optional return private transfers and a couple's wellness programme. Flights are available on request.

## NEW YEAR, NEW HEALTHY YOU: WEIGHT LOSS AT CONRAD ALGARVE, PORTUGAL

Work off those mince pies on this luxury wellness and weight loss holiday in the stunning Algarve. Conrad Algarve takes you on a three-pronged weight loss journey, treating you to nutritional coaching, a personalised workout plan, and specific body treatments designed to improve metabolic output. Shift your focus towards your mind and rebalance your outlook on the mind and body with relaxing spa treatments and comprehensive sports facilities. Stroll confidently into the New Year with a maintainable weight thanks to Conrad Algarve.

*7 nights at Conrad Algarve from £4,245pp sharing or £5,330 for single occupancy. Price includes full board, optional return private transfers and a weight loss programme. Flights are available on request.*

*For more information visit [Health and Fitness Travel](#)*