

# spa business

SPECIAL REPORT

## Emotional Healing

Creating transformational guest experiences, p74

Thierry Mallaret

“Nature is a formidable antidote to many of today’s ills”, p12

FIRST PERSON

*Susie Ellis and Lisa Starr visit Lanserhof Sylt p66*

# NEIL JACOBS

*“We’re approaching the realisation of a Six Senses ecosystem”, p34*



Meditation, breathwork  
and yoga are incorporated  
in the retreat



## EUPHORIA RETREAT

MYSTRAS, GREECE

**O**n the Greek Peloponnese, Euphoria Retreat has created a Feel Alive Again programme, specifically designed to bring guests fresh energy and vigour. The four-night programme is described as “perfect for anyone feeling exhausted, lethargic, bored, confused, lost or numb” and offers “an opportunity to process and purge the effects of the pandemic”.

The group retreats run for three hours each morning, leaving the afternoons free for guests to explore the resort’s extensive spa, enjoy the natural and historical surroundings, or find quiet time alone. The programme can either be booked by itself and customised with additional treatments, or added to one of Euphoria’s other programmes. Hosted by founder Marina Efraimoglou along with Euphoria’s spiritual mentor, Mary Vandorou, the retreat is limited to nine participants to foster a sense of group connection and trust.

Meditation, breathwork, expressive dance, journaling, personal mandala making and even treasure hunts all are incorporated to help guests reconnect and re-energise. Performance work,



Guests create theatre  
masks to explore  
feelings and emotions





PHOTO: EUPHORIA

Marina Efraimoglou

**“The Feel Alive Again programme is designed to help people put everything into perspective”**

**Marina Efraimoglou,  
Founder**

rooted in the Greek myths and tragedies, includes a session using traditional masks from Greek theatre to explore feelings and emotions.

Euphoria has built its philosophy around the five elements and the retreats make use of this, helping guests identify and connect with elements they're drawn to and offering ways to balance the elements they need more of in their lives.

Euphoria has a wealth of other holistic programmes offering personal journeys of transformation. The Odysseus Journey helps guests learn about themselves through the story of Homer's Odyssey. Incorporating group discussion and the five elements, the retreat is designed to be a fun, engaging way

for guests to reflect on life decisions and where they're leading them.

The Emotional and Physical Transformation retreat offers an intensive seven-day programme, combining group sessions with solo treatments, while a two-day Self Awareness Through the Five Elements is designed as a mini-retreat to give a taste of Euphoria's core philosophy of joyful transformation.

The Feel Alive Again retreat is running every month as it's so popular with guests, and Euphoria will soon reveal additional emotional healing retreats.

“The Feel Alive Again programme is designed to help people put everything into perspective, which is essential in these challenging times,” says Efraimoglou.

PHOTO: EUPHORIA