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### 3 Unique Spa Experiences In Greece



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With more than 250 days of guaranteed sunshine a year and over [200 islands](#), the Mediterranean country of Greece is well known for sea and sand vacations. Yet there's so much more to the country than a summer getaway — Greece also boasts award-winning spas. Known for their medicinal and therapeutic benefits since antiquity, whether you choose to experience one that's among the top 10 spas in the world, another that nurtures the environment and nature of the Peloponnese, or share warm waters with skin nibbling Garra rufa fish, you won't be disappointed with the choices each offer.

I share with you 3 unique spa experiences in Greece to help you plan your spa vacation. I have experienced all 3, either on a complimentary or discounted basis during my time living here in Greece.



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## 2. Euphoria Retreat — Mystras, Peloponnese

Ancient castle towns, Byzantine monasteries, the Taygetos mountain range, and pine-clad forests are just a few of the wonders awaiting you when you take a vacation in the Peloponnese region of mainland Greece. It's here that the 13th Century UNESCO World Heritage fortified castle town of Mystras lies with its plethora of Byzantine monasteries and spiritual feel, a perfect spot for Greece's first well-being spa.

Created in 2018, Euphoria is the vision of ex-banker Marina Efraimoglou. She suffered adverse physical health and was keen to assist people on their own healing journey. The spa is a symbiosis of Chinese medicine and ancient Greek philosophy.

The location of Mystras is in an ancient setting, hence Euphoria's 45 rooms/suites are tastefully decorated to mirror that of the stone honeyed hues of the natural surroundings. The architecture is one with the landscape.

There is a choice of several [Wellness Programs](#) that can be booked at Euphoria such as "Feel Alive Again" — a 3-night post-pandemic program that aims to release any negative emotions, stress, tension, and anxiety. It incorporates treatments such as dance therapy, meditation, and expressive movement while also making use of the unique facilities such as the outdoor infinity pool or the Cave Therapy Salt Room. The Salt Room has one wall made entirely of salt where you sit in a sauna environment and allow the wall to emanate a natural disinfectant with antimicrobial and antibacterial properties. The Waterwell Kneipp treatment includes hot and cold foot baths to promote circulation throughout the body.

Eschewing those, simply relax and enjoy the natural surroundings by taking a walk in the forest or a stroll around the beautiful traditional village of Mystras where you can watch daily life or visit one of the several churches for inspiration.

Its location in Mystras is a mere 10 miles from Sparta, one of the strongest city-states in ancient Greece and famous as the location for the Peloponnesian War between Sparta and Athens. Be sure to also make time to explore Sparta, a fascinating city that has helped shape Greek history during your stay at Euphoria.