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The 13 Best Wellness Retreats In Europe To Reset Body & Mind

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Wellness travel nowadays is so much more than booking a treatment and a serene spa. It is about the bespoke offerings that can be experienced at holistic wellness centers. Ones that combine Eastern and Western medicine and take on different approaches and advanced medical treatments to treat the mind, body and soul. To make the most of your next European wellness vacation, we've rounded up 13 of the best luxury wellness retreats in Europe.



(credit: Stavros Habakis)

Step away from your normal life and discover the **Euphoria Retreat** in the Heart of the Greek Peloponnese, just a two-and-a-half-hour drive from Athens. The place of healing combines the best age-old holistic healing techniques from ancient Greece and Chinese medicine with some of the latest scientific advances to provide guests with tools to live a more holistic, balanced and spiritually satisfying way of life. Incorporating the energy and mysticism of the UNESCO World Heritage Site of Mystras and a rich scenery of Mediterranean mountains, Euphoria Retreat offers six distinct wellness retreats: **Odysseus Journey**, **Spartan Spirit of Adventure**, **Feel Alive Again**, **Emotional and Physical Transformation**, **Self-Awareness Through The Five Elements** and the **Ashtanga Wellness Retreat**. Ranging from two-to-seven-days, their retreats aid guests in restoring physical, emotional, mental and spiritual balance while you can also add extra spa treatments to each itinerary. Unleash your inner spartan warrior with the three-or-five-day Spartan Adventure retreat with sessions in a classical amphitheater or go on a journey of emotional, physical, and spiritual renewal with the seven day Emotional and Physical Transformation retreat where you experience the 5 Elements system as a theory for understanding your life path.