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# Euphoria Retreat

*Sparta, Greece*



Built into the mountainside so that it becomes, quite literally, one with nature.

Central to Euphoria Retreat's unique healing philosophy, which combines the energy and wisdom of the Ancient Greek & Chinese theories of the five elements and an atmosphere of Byzantine Zen, is the resort's landmark spa.

Embedded into the mountainside, each of its four levels represents a distinct passage in the transformational journey of guests. From the emblematic Sphere Pool, offering a womb-like experience of rebirth, to the state-of-the-art yoga and fitness rooms, its facilities are specially designed to provide an interplay of light, water and monastic architecture and support Euphoria Retreat's customised programmes of nutritional therapies, treatments and retreats.



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