



## For your next big detox

SIX WELLNESS RETREATS ACROSS INDIA, GREECE, ITALY,  
THAILAND AND NORTH AMERICA TO HEAL THE MIND AND  
RETURN TO YOUR INVIGORATED SELF

By CONDÉ NAST TRAVELLER

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From a lakeside sanctuary in [Italy](#) to mountain retreats in India and Greece, wellness can be found at a whole range of exciting destinations. At these six wellness retreats across the world, put yourself first and tap into your inner calm.

through a machine to the affected muscles to relax and repair them in a matter of minutes.

It comes as no surprise that Chiva-Som has a devoted following from around the world for its strong results. Before and after sessions, I heard accounts of many repeat clients who were on their nth trip to the property, some even continuing with online fitness and nutrition consultations after their visit. With gut health programmes spanning a minimum five days, I was warned that three days wasn't enough to see a change. Despite that, my stomach muscles hadn't felt so relaxed in a long time. I had begun looking forward to meals with excitement rather than anxiety. *From Rs51,853 per person, per night for a minimum three-night stay; chivasom.com —Shradha Shahani*

### **Euphoria Retreat, Greece**



Stavros Habaki

Go for: *Holistic* happiness in the Peloponnese hills

Surrounded by fragrant pine and lemon trees, this honey-stoned complex on a forested slope in Greece's Peloponnese is perfectly described by its name, Euphoria. Founder Marina Efraimoglou has a passion for achieving life balance: after a cancer diagnosis, her journey back to health involved Western

medicine, Eastern wisdom, and alternative therapies. She abandoned a successful banking career and retrained in TCM. Euphoria Retreat, opened in 2018, is dedicated to helping guests rediscover a similar zest for life. Its vision and generosity of spirit has quickly earned a cult following among spa junkies. The focus is on emotional as much as physical healing, and diverse programmes include weight loss, immunity reset, and, lately, themed retreats. Feel Alive Again is a new offering ideally timed for post-pandemic fatigue, returning the world-weary to themselves through meditation classes, laughter yoga, breathing exercises, and talks on how to release negative emotions or manage anxiety. Therapies include mindfulness, TCM, yoga, nutri-genomics, hammam rituals, Watsu, having the jaw chiselled with gua sha, personal fitness, and Qigong. On arrival, a test analyses glutathione, an indicator of metabolic health and the body's ability to absorb nutrients. Meals are adjusted and tailor-made as per the results, but menus overall draw on local, seasonal ingredients with an emphasis on fresh fish, vegetable soups, and salads of lentils or quinoa. Beyond the walls, there is rock climbing and hiking in the hills up to the 13th-century town of Mystras and its fresco-filled Byzantine churches. Sleep comes easily in Euphoria's 45 charming rooms, clad in calming Byzantine colours of muted gold and deep reds. Guests leave thrumming with restorative energy.

*The three-day Feel Alive Again programme costs 88,481, excluding stay; Doubles start from Rs64,154 for three nights; [website](#) —Mary Lussiana*

## **Mandali Retreat Centre, Italy**



William Joshua Templeton