

Euphoria Retreat, Mystras, Greece



(Image credit: Margarita Nikitaki. Courtesy of DECA Architecture)

The Euphoria Retreat, situated near the Unesco World Heritage Site of Mystras, calls itself the first destination spa in Greece. Spanning a total area of 3,000 sq m, the four-level spa was carved into the ground and built alongside a cypress forest. The spa seeks to be an orderly and free-flowing space, achieved through light, sound, temperature, humidity, textures, materials and smells adjusted to create immersive sensory experiences. At the bottom, carved spaces with elliptical geometries of varying scales intertwine. Meanwhile, higher up, space is structured like the gears of a mechanical clock, with the largest of the four levels containing all the wet and warm treatment areas.

As the spiral staircase approaches the top, it leads to small private treatment rooms modelled after monastic chambers, offering well-framed views of the Sparta Valley. From nutritional guidance and consultations to massage, acupuncture and more, there's a comprehensive menu of spa experiences. This includes Biologique Recherche facials using the brand's Remodelling Face Machine, an algae detox treatment for the entire body, and Watsu therapy in a specialist warm water pool.

euphoriaretreat.com