

# **150 SPAS**

**YOU NEED  
TO VISIT BEFORE  
YOU DIE**

By Devorah Lev-Tov

**Lannoo**

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## 102 EUPHORIA RETREAT

Mystras, 231 00 Sparta, Greece

TO VISIT  
BEFORE YOU DIE  
BECAUSE

You can discover your inner Greek Spartan while experiencing the synergy of Greek and Chinese healing philosophies.

In the mythical and fertile Peloponnese region at the base of Mount Taygetus lies the holistic wellness Euphoria Retreat, inspired by both Greek and Chinese healing philosophies. Its striking architecture draws on the byzantine architecture of the nearby Mystras, a UNESCO World Heritage Site. Designed to harmonize the five elements and the five senses, Euphoria Retreat's goal is not only total transformation, but also to educate you on how to apply holistic wellness practices to your daily life. At the heart of the resort lies a large spherical pool, while the massive spa complex includes a tepidarium, a byzantine hammam, an infrared and laconium Finnish sauna, a salt cave, a watsu pool, and yoga and fitness studios. Treatments include energy healing, cosmetic facials, massages, and specialized treatments like acupuncture and osteopathy. The resort also has several multi-day retreats, such as the Spartan Spirit of Adventure, allowing you to become a real-world warrior.

