

A Snob's Guide to Seriously Sport Spas

These retreats give you a potent combo of intense physical workouts, science-based treatments, and a big dollop of coddling.

BY JEN MURPHY JUL 18, 2024

If exercise is the true fountain of youth, these properties shine with their vast selection of fitness classes, sports, and hiking trails, all supported by healthful meals and a menu of massages and body treatments.

Euphoria Retreat

Greece



This six-year-old, 45-room haven in the pine- and lemon-scented southern Peloponnese is the brainchild of Marina Efraimoglou, who, after being diagnosed with cancer, studied with a Taoist master, hunkered down at Golden Door spa (see above), and enrolled at the Academy of Ancient Greek and Traditional Chinese Medicine in Athens. **Euphoria** marries eastern and western therapies with science-based treatments. Push your limits (one fitness program is inspired by Spartan warrior training), knowing every imaginable recuperation method—from a hammam to a sensory deprivation pool—awaits in the four-story spa complex.