



Spa Guide

# Six Of The Best Spas In Europe

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Planning a spa break in Europe? Discover our round-up of the very best spas and wellness breaks in the region.

Europe is home to many leading spa and wellness hotels, many of which have been charming wellbeing seekers for decades. So, whether you are looking for the best pampering treatments, cutting-edge longevity programmes or the most picturesque surroundings, the Citizen Femme team share their favourite – tried and tested – spas in Europe, from France to Switzerland.

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### Euphoria Retreat, Greece

You'll find Euphoria Retreat tucked in the pine-clad mountains of the Peloponnese in Greece, an award-winning wellness destination, with particularly breathtaking views of the surrounding forest. Known for its signature Sphere Pool – offered alongside a hammam, saltwater pools and saunas for an enhanced hydrotherapy experience – the atmosphere is serene but the treatment experience is incredibly thorough. In fact, while the nature and waters that surround you keep you feeling heart rate-loweringly zen, the four-floored medi-spa is doctor-led and results-driven, with tailored week-long programmes specifically targeting stress, detox and immune health. That means it's the reset your mind and body needs, with results that will last far after you rise from your post-massage slumber.

#### THE SIGNATURE TREATMENT

**Emotional Harmony** is the latest retreat offered by Euphoria and its designed specifically for anyone struggling with grief or burnout. With 15 treatments over five days (or an impressive 22 if you stay for seven), the array of sound healing, massages, meditation and therapeutic therapy sessions is a gift to your mind and body.

“ CF Spa Tip: opt for a body metabolism test on arrival to really personalise your programme

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