

"Calmcations" Are Trending, and These Spas Offer a Hypnotically Beautiful Antidote to Everyday Tension

Make the most of your time off with our interiors-led guide to the most aesthetic spa hotels in the world

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(Image credit: Nathalie Krag. Courtesy of Lefay Resort & SPA Lago di Garda. Design: Studio Apostoli)



BY GILDA BRUNO PUBLISHED 3 WEEKS AGO IN FEATURES

Forget hop-on hop-off tourism and frenetic holidays altogether. The global community has spoken loud and clear: 2025 will be the year of quiet travel, where planning vacations that can maximize our physical and mental health is the norm, and chasing after viral locations simply because of their popularity is *very much* out. This puts the world's best spas under the spotlight, and arguably so.

If there's an observation that emerged from our recent curation of the [best design hotels](#), it is that 'calmcations' — or sojourns that can imbue us with a sense of calm — are on the rise: think anything from secluded cabins and rural retreats conceived to rekindle our connection to nature to gastronomy-led châteaux and, of course, wellness-centric resorts. Needless to say, this is where the best spas in the world, including the top spa hotels, come to the fore. But where should you be looking for them, and how did we select them?

At *Livingetc*, "bringing life to design" is the goal, but it also works the other way around. We don't just want to unearth destinations that lead the way in their field from both an experiential and a cultural perspective, as is the case of those mentioned in our [Travel Trends 2025](#) Report. But we are also after avant-garde examples of 'breathable' interior design — places that make the artistry behind this discipline incredibly tangible, immersive, and, therefore, more widely enjoyable in our everyday life.

Spanning four continents, ten countries, and just as many décor traditions, our edit of the world's best spas presents you with soul-invigorating centers and stays that do just that, without ever compromising on their guests' wellbeing. Are these the top spa hotels across the globe? They might well be, but that isn't the point, not for us at least. From Arizona and the Swiss Alps to the valleys of Taiwan, these are the addresses that make you feel good while looking even better.

5. EUPHORIA RETREAT. MYSTRAS, GR

BEST FOR: UTOPIAN ARCHITECTURE FANS



(Image credit: Euphoria Retreat. Design: DECA Architecture) [Mystras 231 00, Greece](#)

Fantasy and reality collide at Mystras' [Euphoria Retreat](#), a [Luxury Spa Edit Awards 2025](#) two-times nominee. The brainchild of Greek interdisciplinary studio [DECA Architecture](#), this Peloponnese getaway occupies a dimension of its own, more akin to the metaphysical canvases of Italian art pioneer Giorgio de Chirico and modern manifestations of utopian architecture than to the dazzling aesthetic of traditional luxury resorts. From the mystical energy of its Byzantine Hammam and the futuristic look of the Sphere Pool and the Finnish Sauna, the "journey of healing" offered at the Euphoria Retreat unfolds through countless concentric shapes, plaster volumes, and tiled walls designed to evoke a state of hypnosis.

Straddling the Eastern and the Western wellness traditions, the stay incorporates anything from Hellenic and traditional Chinese medicine to naturalism into a philosophy that transcends the fast pace of the world as we know it. The same is true of its imaginatively conceived interiors, where nods to ancient basilicas and alien spaceships are equally present, conveying the ideas of transition and rebirth that sit at the heart of the hotel's philosophy. Between 2018 and today, the Euphoria Retreat has distinguished itself for its "holistic" approach to wellness. To us, though, the real experience lies in its mind-bending architectural volumes, whose *Tower of Babel* references, countless arches, and mixture of old and new turn the hotel into the stuff of dreams.

[Book your stay at the Euphoria Retreat.](#)



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Gilda Bruno is *Livingetc's* Lifestyle Editor. Before joining the team, she worked as an Editorial Assistant on the print edition of *Another Magazine* and as a freelance Sub-Editor on the Life & Arts desk of the *Financial Times*. Between 2020 and today, Gilda's arts and culture writing has appeared in a number of books and publications including *Apartmento's Liguria: Recipes & Wanderings Along the Italian Riviera*, Sam Wright's debut monograph *The City of the Sun*, *The British Journal of Photography*, *DAZED*, *Document Journal*, *Elephant*, *The Face*, *Family Style*, *Foam*, *Il Giornale dell'Arte*, *HUCK*, *Hunger*, *i-D*, *PAPER*, *Re-Edition*, *VICE*, *Vogue Italia*, and *WePresent*.