

The 10 Best Spas in Europe

BY VOGUE

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From high-altitude clinics in the Alps to breezy beachside retreats, there are few regions as packed with world-class spas as Europe. Across all four corners of the continent, you'll find a dazzling variety of wellness getaways, whether you're in the market for a week-long detox or just a classic deep tissue massage.

Here, in alphabetical order, find *Vogue's* pick of the 10 best spas in Europe.

Euphoria Retreat



Photo: Courtesy of Euphoria Retreat

Tucked up on a hillside in the Peloponnese, Euphoria is miles away from Greece's coastal party scene, the ideal place to really immerse yourself in the ritual of relaxation, *sans* temptation to party. There is so much on offer here that you won't need to leave, whether you've booked one of their 3-day Well-Being Detox packages or opted into the 21-day Weight Metabolic Management Program. Staff offer complete guidance on what program will serve your needs, whether it's emotional rebalancing, fitness enhancement, or spiritual centering, and then plan a complete schedule for your stay. This might mean an early morning guided forest walk, followed by reflexology, with a Biologique Recherche lifting facial in the afternoon, and a private sound bath in the evening. There are custom smoothies each afternoon (ingredients are determined by a blood analysis) and a menu entirely attuned to an individual's dietary quirks. Meetings with nutritionists and trainers are translated into reports for guests, a real perk for those who want to take home their newfound self-knowledge. What you can't bring back, however, are the impeccable amenities, including an indoor/outdoor pool where you can paddle from the solitude of a domed deep water section to the open views of the Taygetus Mountains. —Hillary Kelly

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