

The Top Six Longevity Retreats to Restore and Advance

Here, a look at some of the leading wellness destinations globally, including Clinique La Prairie and The Ranch.

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With summer in full swing, the calendar can fill up quickly with weekend getaways, barbecues, beach days and more. As the never-ending to-dos continue to pile up, it is time to reset. While **wellness** programming is seemingly popping up at every hotel across the world, a select few destinations are doubling down on longevity, which focuses on health span — or finding ways to experience more healthful and beauty-full lives for longer.

These offer guests ultra-personalized programming driven by diagnostic testing and scientific evidence — think blood tests to determine what workout you need to do or a three-day detox to get you off your phone. When it comes to these spots, although they can feel intensive, there is truly something for everyone, no matter the goal.

Here, a look at six of the most advanced longevity destinations globally.

Euphoria Retreat in Mystras, Greece *starting at approximately \$8,700 for a seven-day program excluding accommodations*



Euphoria Retreat

For many, the highlight of Euphoria is the location. Situated on a hillside along a pine forest, the property overlooks ancient Sparta and the ruins of Byzantine Mystras. While the destination is teeming with history, the offerings combine the ancient atmosphere with state-of-the-art wellness tech, such as hydrotherapy, sound therapy, on-call doctors, custom IV drops and a Human Regenerator machine, which heals the body via cold atmospheric plasma. However, with the natural setting and calming design elements, Euphoria doesn't give off a clinical feel. Guests can explore a variety of wellness-centric programs from more medical plans to leadership retreats.