

ESCAPE TO EUPHORIA: THE LUXURY GREEK SPA THAT TRANSFORMS BODY AND MIND

Euphoria Retreat blends ancient healing traditions with cutting-edge wellness in a subterranean spa sanctuary that invites true mind-body renewal

Written by Lauren Iverson Photos courtesy of Euphoria Retreat





As I gently float in the saltwater pool, my busy mind starts to quiet and my body, weightless, surrenders to the warmth of the water. My ears sit just below the surface, dolphin sounds playing softly through underwater speakers lulling me into a deeply meditative state. For 20 blissful minutes, the outside world disappears—and I understand exactly why this place is called Euphoria.

Located just over two hours from Athens in the Peloponnese peninsula, Euphoria Retreat beckons with an overwhelming sense of serenity. While the pristine grounds offer scenic views, the real magic happens below ground, where the subterranean luxury spa feels like a secret portal to self-discovery. The experience is a unique one, fusing Eastern and Western medicine with ancient Greek and Chinese holistic philosophies rooted in the Five Elements Theory, an alternative medicine tradition that believes the human body is guided by the elements of wood, fire, earth, metal, and water. At Euphoria, wellness isn't one-size-fits-all. Instead, more than 100 therapies and spa offerings are uniquely tailored to each guest's emotional, physical, and spiritual needs.

Wellness programs range from 3 to 21 days, catering to everything from cellular detoxes and metabolic resets, to emotional healing and stress relief, to advanced medical programs that use biomarker testing and precision medicine diagnostics to restore health from the inside out. Anxieties dissolve as expert therapists knead out the body's trapped emotions, while guided meditations rejuvenate and enlighten. Special therapies such as Watsu—an aquatic session that blends gentle massage techniques with joint mobilization—encourage a profound sense of calm.

Between treatments, each area of the spa honors one of the five elements. My mornings begin in the ethereal sphere pool before I drift outdoors to the fresh-air outdoor pool. Heated stone loungers in the tepidarium ease any muscle tension from a long flight, while alternating between the Finnish sauna and cold plunge leaves me invigorated. A rinse in the temperature-shifting experiential shower is the perfect finish before my next treatment.

The daily wellness schedule keeps the retreat's experience dynamic. Nutrition workshops, sound-healing sessions, and energy-balancing classes offer moments of insight and renewal, and the naturally restless need not fear—active classes like yoga, Pilates, and martial arts are led by trained staff members. Guided hiking excursions to local archaeological sites and dreamy day trips to charming, lesser-known Greek islands keep adventure seekers satisfied. Closer to home, a stroll through Euphoria's surrounding fir and pine forests awakens the senses.

Perhaps some of the best views are available at GAIA restaurant, located on-property and offering a nutrient-dense, Mediterranean menu using organic local produce. Those following medical or detox plans indulge in meals customized to their individual goals. And come the end of the day, Byzantine-inspired design details, handmade mattresses, and plush, handpicked pillows invite deep rest—the kind that comes only after a day spent healing, growing, and reconnecting with yourself. euphoriaretreat.com