

# Condé Nast Traveller

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Wellness  
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2026

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WELLNESS GOES ON SAFARI • THE LONGEVITY CRÈME DE LA CRÈME • HOW TO FIND PEACE



## PELOPONNESE, GREECE

# Euphoria Retreat

TENSIONS FLOAT AWAY IN THIS RESULTS-DRIVEN HIPPOCRATIC HIDEOUT

Those who know their Hippocrates may know his saying, "The greatest medicine of all is teaching people how not to need it." The team at this beautifully designed spa, tucked next to the Byzantine ruins of Mystras in the Peloponnese, certainly take those words to heart. They underscore their considered, holistic care with workshops on subjects such as Traditional Chinese Medicine and the Mediterranean diet.

Both play an integral part in Euphoria's ethos: results-driven TCM treatments are supported by menus using locally sourced ingredients and based on advice from two of Greece's leading doctors, Dr George Leon and Dr Ioannis Harizanis. My stay starts with a test to establish how I metabolise food, which allows Androniki Tzartzalou, the excellent nutritionist, to personalise my meal programme. She tells me many guests struggle to believe they can eat so much and lose weight but I drop more than 3lbs in a week on dishes such as wholewheat pasta with prawns and fish with roasted vegetables plus protein shakes.

Needles are stuck in me for both old-fashioned acupuncture and on-trend IV fusions; I have traditional massages and cutting-edge infrared therapy, and I get my heart pumping with yoga, HIIT classes and hikes into the pine-scented hills. But there's also enough time to laze in my minimalist bedroom, with the exquisite gardens and the beautiful spa tower outside. The latter is home to an impressive hammam, vast salt chamber and a dramatic hydrotherapy pool, dominated by a spaceship-like sphere where the water plunges to 13ft. I dive deep down and feel my tensions float away. There's also an outdoor pool with far-reaching valley views where I chat to other guests, mainly single 30- to 50-something women. My week here reminds me of another Hippocrates quote, "Healing is a matter of time, but it is sometimes also a matter of opportunity." JANE WALKER

Healing Holidays ([healingholidays.com/condenast](http://healingholidays.com/condenast)) can arrange a five-night Emotional Harmony programme from £2,999 per person sharing, including transfers, B&B and treatments

