

# Indagare

## Best Wellness Retreats in the World

BY INDAGARE



Hacienda AñáGarcía's spa by The Well. Courtesy: Aulinger Resorts Collection

We could all use more wellness in our lives. Whether we seek to disconnect from the outside world, challenge ourselves or relax in style (or all of the above), a restorative getaway to a rejuvenating resort is often the perfect way to revive the mind, body and soul. And as the new year begins, we're once again considering getaways to help improve our well-being.

Here, we have rounded up our favorite wellness retreats, with staff and member recommendations, and each with their own emphasis—from spiritual to intellectual. Some of these resorts and spas are close to home. Others are further afield. All of these, however, are properties the Indagare community loves and cannot wait to revisit—be it in 2026 or beyond.

---

# EUROPE

---



Margarita Nikitaki, courtesy Euphoria Retreat

## Euphoria Retreat, Greece

*For Soul-Stretching:* "Marina Efraimoglou, the founder of **Euphoria Retreat**, has created a product that delivers what she herself sought and couldn't find," says Indagare founder Melissa Biggs Bradley. "Our approach is naturalistic," she explains, "meaning that our healing begins with the energy of the outside world and that we draw conclusions that relate to the energy of the world and individuals." Located on a hillside just above the village of Mystras in the southeast Peloponnese, Euphoria backs up to an ancient pine forest, which according to legend was once inhabited by female priestesses. The intuitive spa therapists practice massage as well as energy healing, reiki, acupuncture and the exclusive Sanctuary for the Busy Mind treatment."