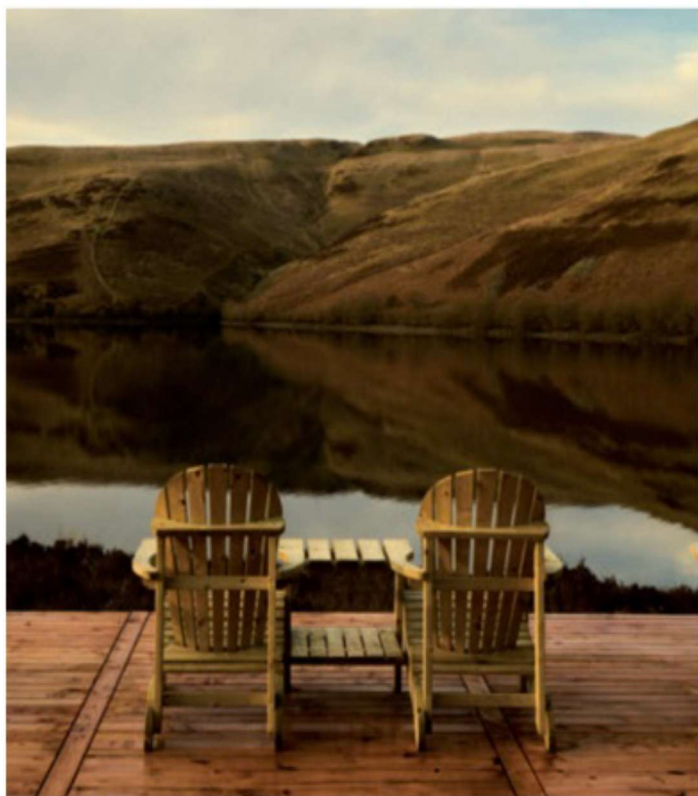
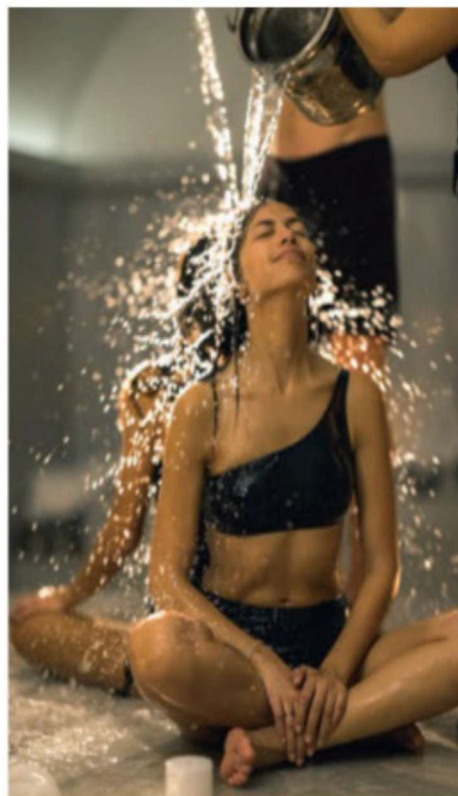


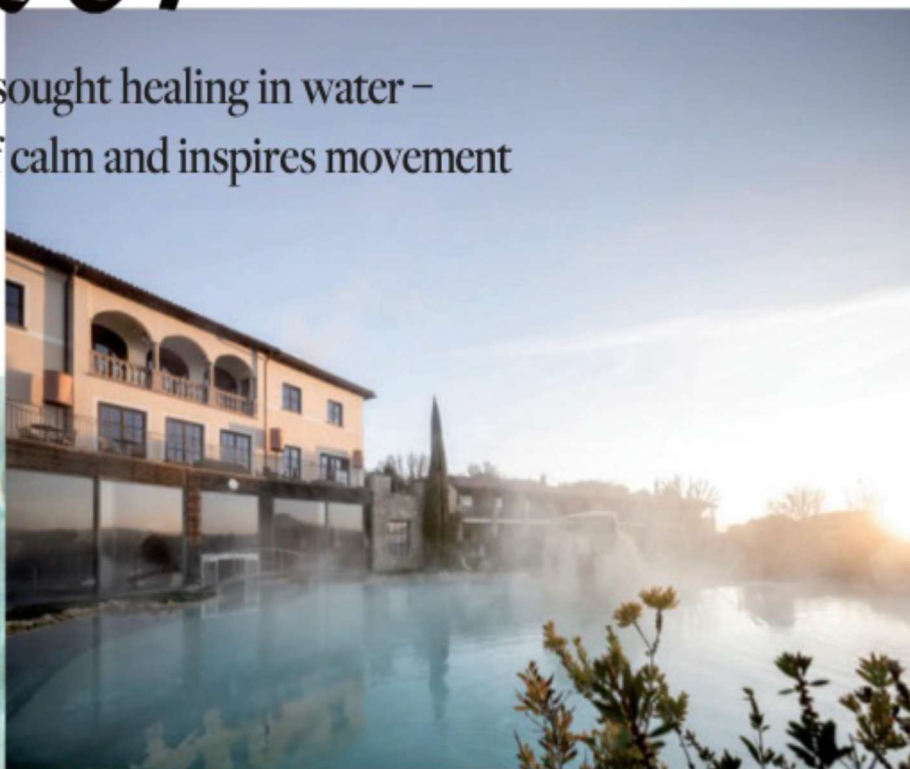
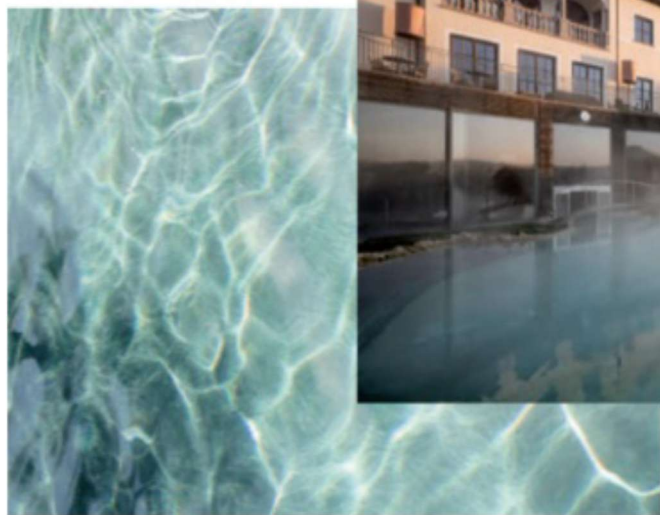


CLOCKWISE FROM TOP LEFT: Spa by the shore at Gleneagles; a watery immersion at Euphoria Retreat, Europe's leading centre for Traditional Chinese Medicine; soak in sulphur-rich thermal springs at Adler Thermae



Water

Humans have long sought healing in water –
it induces a sense of calm and inspires movement



DEEP HEALING

Euphoria Retreat is Europe's leading destination for those seeking to understand Traditional Chinese Medicine. Inspired by founder Marina Efraimoglou's own health journey, the elements not only sit at the heart of the programmes – with welcome consultations, turn-down services (a foot bowl with fresh lavender) and advice centred on balancing your dominant constitution – but are literally embedded in the design. The four-storey Byzantine-inspired spa is extraordinary – particularly the sphere pool, which is a literal manifestation of water into which you plunge for an experience of total release and rebirth, with music playing beneath the surface and light to guide you. Try a Five Elements dance class or a massage with orange and cinnamon oils to light your inner fire. No one leaves the same as they arrive. *euphoriaretreat.com*