

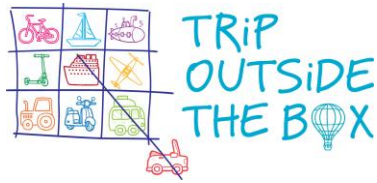
Greece (Mystras, Peloponnese)

Most exemplar of spa resorts in Greece for holistic healing

"..Like that star of the waning summer who beyond all stars rises bathed in the ocean stream to glitter in brilliance"

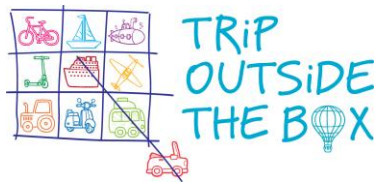
— Homer, The Iliad





A world first and the vision of Marina Efraimoglou – our warm, vivacious and loving founder – Euphoria Retreat is widely regarded as Europe’s leading wellbeing destination spa hotel. Offering a unique combination of interconnected philosophies, scientific innovation and healing modalities, Euphoria evolved organically from a passion born out of Marina’s personal path. Overcoming cancer in her late 20s, Marina was driven to success but ultimately exhaustion in the world of investment banking. Close to the brink, she sought to bring back some much-needed balance to her life through an exploration and study of Traditional Chinese Medicine, The Five Elements and other alternative health methods. Inspired by her own recovery, Marina then decided to create a place of healing where people could be gently guided and motivated to live a more holistic, balanced and spiritually satisfying way of life.



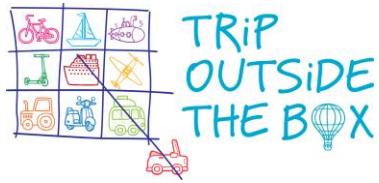


Marina visited many healing centers and Spas' around the world but felt that all too often the process of transformation was linked to sacrifice and denial. Eventually, Marina discovered that the answer lay in her own Greek heritage. The ancient Greek philosophers viewed life as joyful, sensual and full of exciting potential for growth; the Greek word 'Euphoria' is about living and feeling 'well'.

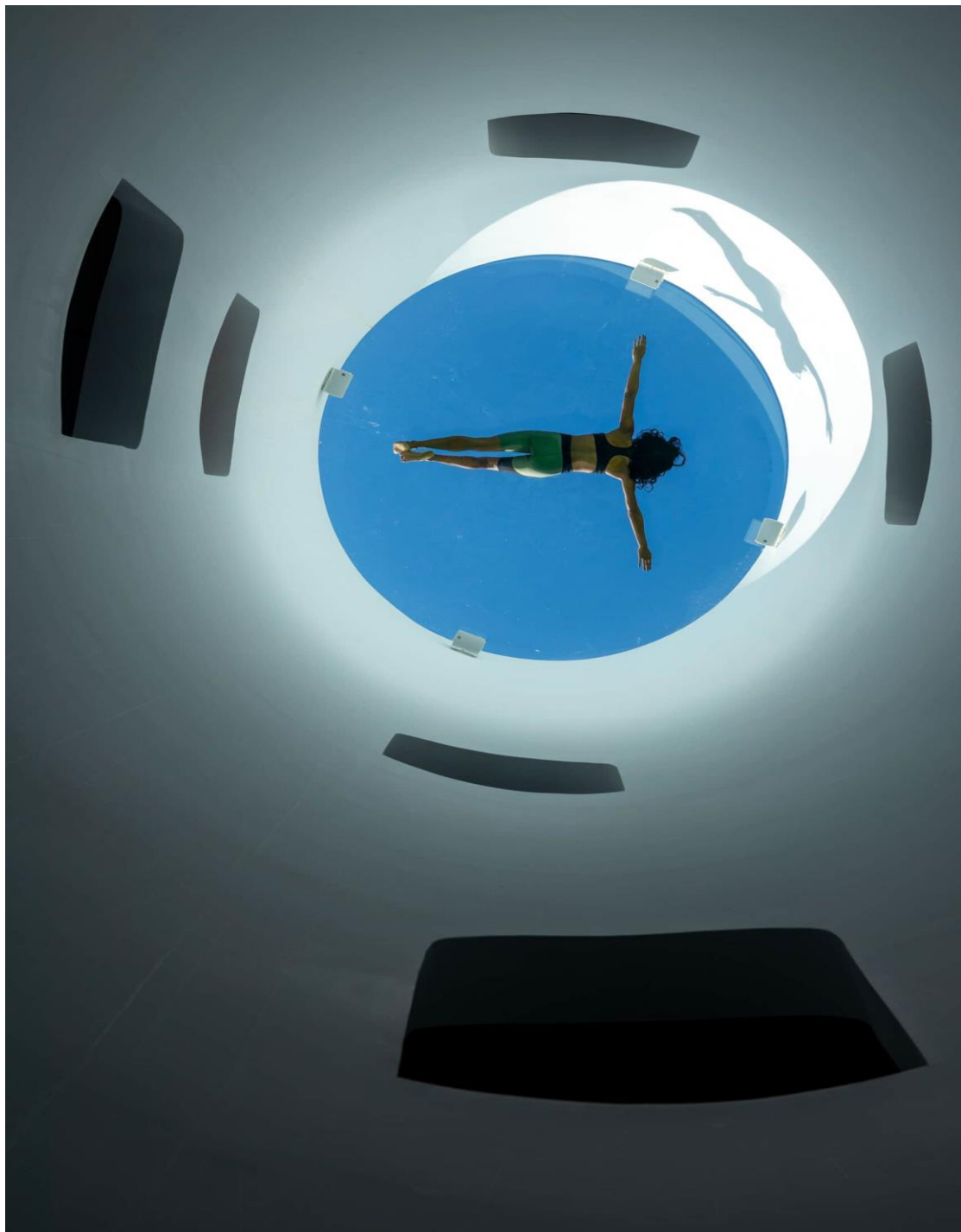


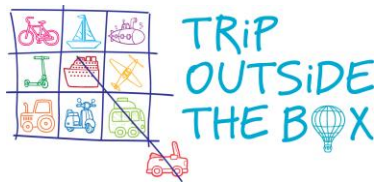
Marina found a suitable Location for her vision, in the mythical Peloponnese, a landscape with deep historical and cultural roots, where the incredible life-force of nature flourishes. Here she created a world-class health and fitness retreat which, rather than handing out strict rules and dictums, offers achievable guidelines and deep nurturing to restore guests to full health. This inclusive, flexible attitude led to the creation of 'Euphoria Methodos' – our Spa philosophy which converges varying healing philosophies and marries East and West, ancient Greek and Chinese health approaches and science with naturalism.





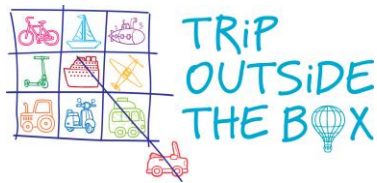
Now firmly established as one of the most ambitious yet embracing spa hotels in Europe, Euphoria Retreat exudes all the warmth and intimacy you would expect to find in a family-owned and family-run business. A feeling of community, trust and loyalty is central to our ethos, and we aspire, collectively, to keep our hearts and minds open so that we can fully understand the needs, emotions and dreams of all our guests. We are passionate about instigating meaningful life change in others, as we transmute our own personal health journeys into lessons and advice which can be shared and passed on in a helpful way. We look forward to welcoming you.





Marina has personally designed and oversees several of Euphoria's retreats, including "The Odyssey Journey", "Feel Alive Again" and the most recent "Holistic Leadership" Retreat. Bringing all their experience and expertise, Marina and Mary, act as wise mentors and guides, holding you thorough these emotionally cleansing processes and encouraging a new appreciation and trust in life. Many guests report that to work with Marina is both incredibly insightful and inspiring, and we believe these experiences are especially personal and rewarding because they foster a sense of community and deep bonding.





- **Awards**

Condé Nast Traveller 2025 Wellness & Spa Awards Winner

(Letter from founder)

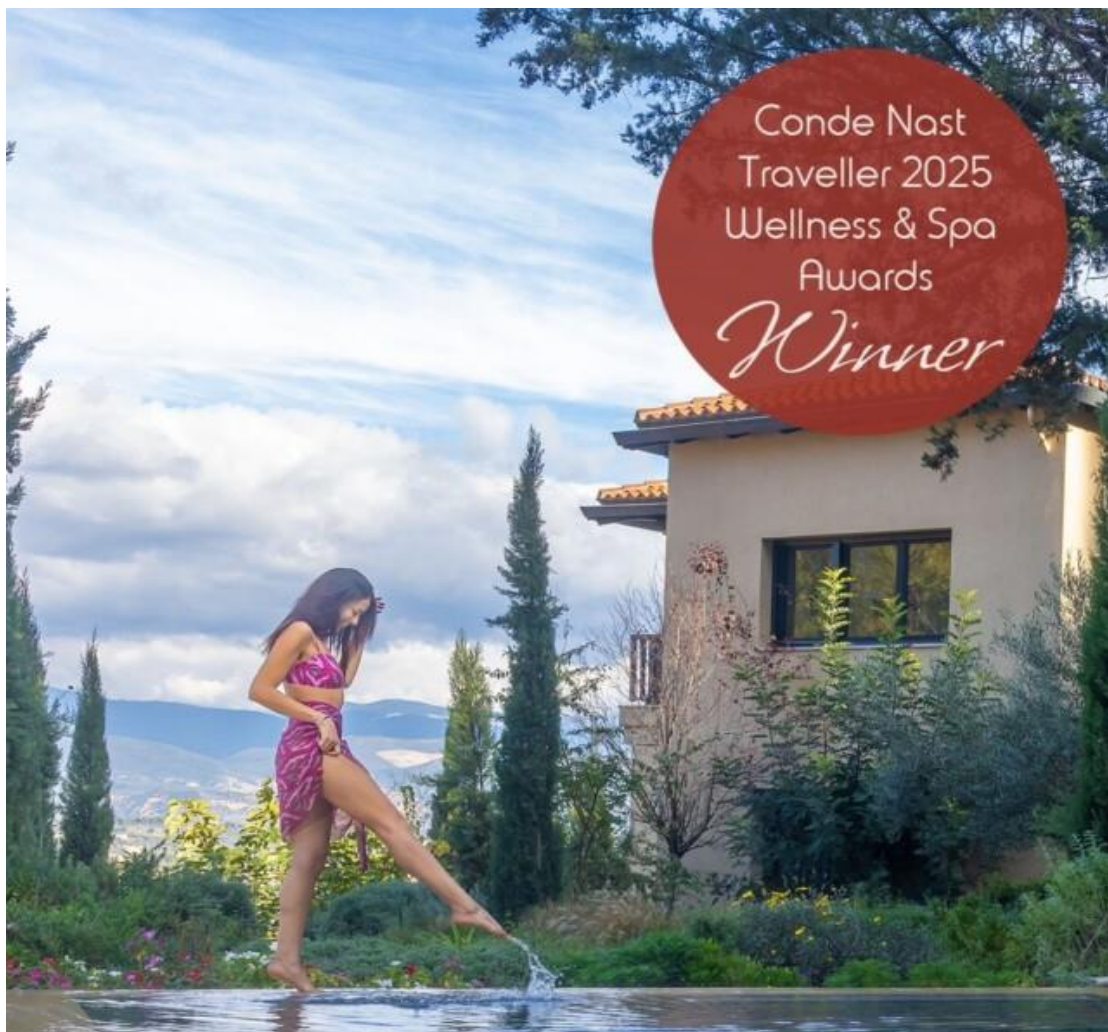
We are beyond proud to be crowned the winner of the “Feeling Good” category at the Condé Nast Traveler 2025 Wellness & Spa Awards!

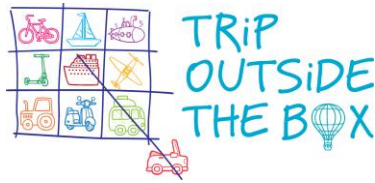
This incredible honor reflects our unwavering commitment to providing a sanctuary where you can reconnect with yourself, embrace serenity, and experience holistic longevity. It’s a testament to the transformative power of our philosophy, inspired by the harmony of ancient wisdom, modern healing practices and high-end medical technology.

We are deeply grateful to our guests, whose trust and support have made this achievement possible. Your journey with us inspires everything we do, and we’re dedicated to continuing to create a space where you can feel truly renewed, balanced, and empowered.

Thank you for being a part of our story and for allowing us to be a part of yours.

Here’s to elevating wellness, embracing joy, and making “feeling good” more than just a moment, but a way of being !





Euphoria Retreat Named Among the Top 100 Spas of the World

(Letter from the founder)

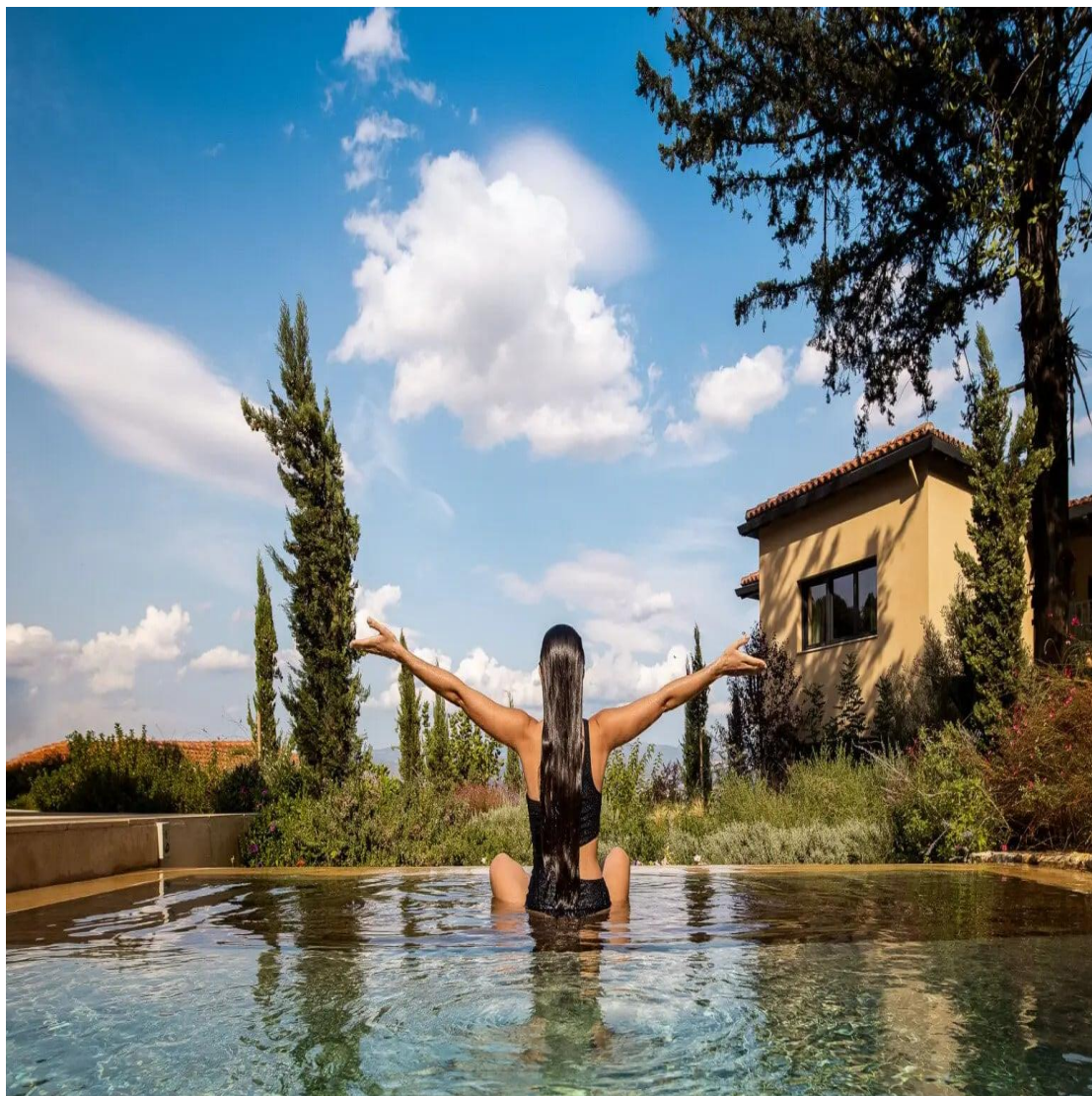
We are honored to announce that Euphoria Retreat has been named one of the Top 100 Spas of the World for 2024 by the prestigious Luxury Lifestyle Awards! 🏆

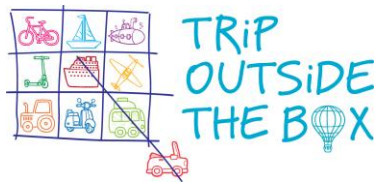
This recognition celebrates the transformative experiences we offer, the exceptional quality of our services, and our unwavering commitment to excellence in wellness.

A heartfelt thank you to our dedicated team and cherished guests for making this milestone possible.

About Luxury Lifestyle Awards

Luxury Lifestyle Awards is a global program dedicated to recognizing the finest luxury goods and services worldwide. With over 16 years of history and a steadfast commitment to excellence, it celebrates the pioneers and leaders shaping the luxury landscape across various industries—from hospitality and design to exclusive lifestyle experiences.





- **Accommodation**

A Serene Escape, A Time To Dream

"There is a time for many words, and there is also a time for sleep."

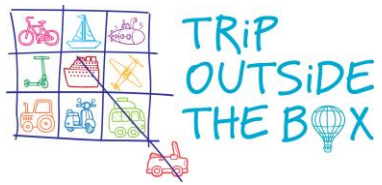
— Homer, The Odyssey

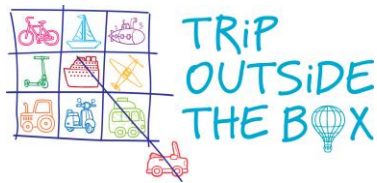
The 45 rooms and suites provide the perfect sanctuary. The luxuriously monastic interiors are inspired by the iconography of the Byzantium era and subtly layer and combine patterns, textures and colours to unique effect. Lunar blues, sunshine yellows, rustic reds and glinting golden hues reflect the region's rich heritage. Meanwhile, modern touches include blond-wood floors, warm lighting and bespoke handmade mattresses which mold to the contours of your body. Bathrooms are cleaned-lined simplicity complete with our own deliciously scented products, adapted from ancient Greek recipes and combining healing herbs with Aromatherapy. Many rooms also offer a private balcony, terrace or courtyard to uplift and inspire. Every detail has been designed to invite you to slow down and rest.



No two rooms are the same; all have their own unique touches. Several offer disabled access, while those in the lovingly refurbished 1830s Leoncini Mansion can be booked for exclusive use and come complete with a private dining room. Ideal for those who need more space to work or who are serious about retreating and want to experience absolute privacy.







Location, Climate & Design

A Beautiful Setting in the Heart of the Greek Peloponnese

In one of the most enchanting settings in Greece, Euphoria's location will not disappoint you. Easy to reach (50 minutes from Kalamata airport) and yet immersed in the most stunning landscape comprising of a vast private forest, it is both accessible and perfectly peaceful. You can explore as much or as little as you like. The archaeological wonder of Mystras and the beauty of Greece awaits you. Come, explore with us.

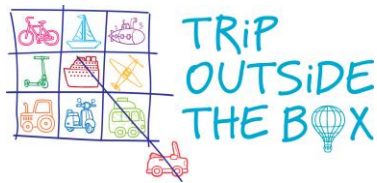
"Wisdom begins in wonder"

— Socrates

The area

The stuff of legends, the exquisite Peloponnese in southern Greece is a peninsula rich in the myths and mysticism of Olympian gods and mythical heroes. Inhabited since pre-historic times, and dotted with pine forests, Byzantine churches and lofty hilltop villages, this historical landscape exudes a palpably healing energy rooted, much like our spa treatments, in ancient civilizations and cultural lineage.





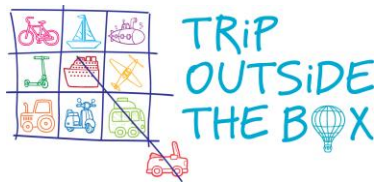
A Magical Greek Landscape

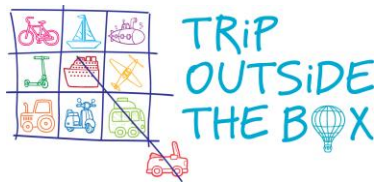
Held in the Embrace of Nature, Inspired by Ancient Civilizations and Myths

The stuff of legends, the exquisite Peloponnese in southern Greece is a peninsula rich in the myths and mysticism of Olympian gods and mythical heroes. Inhabited since pre-historic times, and dotted with pine forests, Byzantine churches and lofty hilltop villages, this historical landscape exudes a palpably healing energy rooted, much like our spa treatments, in ancient civilizations and cultural lineage. The symbiotic relationship between nature and culture is at the very heart of our Euphoria Retreat experience, whether you come for a weekend retreat or a full wellness program. Daily concerns drop away as you feel the sun on your back; the Mediterranean light is uplifting and renewing.



Mount Taygetus provides a rich and majestic backdrop and the Eurotas River, which flows through the valley, was once a training ground for the Spartans, famed for their strength, courage and fortified healthy lifestyles. For dreamers, the famous archaeological site of Mystras is a must – awash with wild-flowers, breath-taking views, time-faded frescoes and flickering church candles. Tempting day trips include the charming coastal town of Gytheion, a 40-minute drive, and little-known Elafonissos Island, fringed with white-sand beaches. Yes, the islands of Greece are famous for their beauty, but trust us, the Peloponnese will enchant you with its sacred soul. Only 2.5hrs from Athens and less than an hour from Kalamata airport, and here you are, wrapped in an otherworldly peace from the moment you arrive.



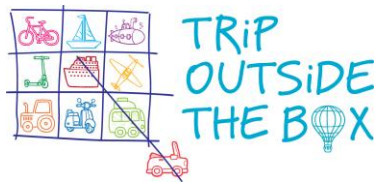


UNESCO Mystras - The Jewel of Mystical Mystras

A short drive from our doorstep or bracing trek away, guests at Euphoria Retreat can layer a transporting visit to the fortified town of Mystras into their wellness spa retreat. For anyone wanting to step away from the technological advances of modern life and immerse themselves in the peace and beauty of a landscape which will inspire, Mystras, 'the wonder of Morea', is a must.

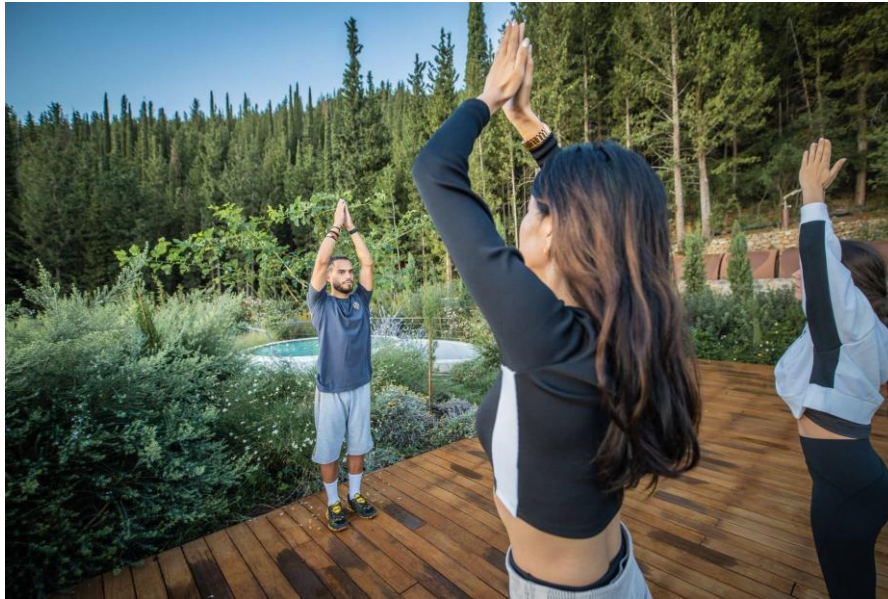


Fought over by Franks, Venetians, Byzantines and Ottomans, and now an important and visually stunning Unesco World Heritage site, there is something mesmerising about exploring its lost Byzantine churches, monasteries, palaces and ruins. This is where the great neo-Platonic scholar, Gemistus Pletho, started his school of philosophy before going on to revive Greek learning in Western Europe. While seven centuries have passed since the height of Byzantium, the same aura that undoubtedly inspired the intellectual, artistic and architectural blossoming of the time continues undimmed to this day. Soak up the holy atmosphere of the Cathedral of Agios Demetrios and the Monastery of Panagia Perivleptos, wander quiet cobbled pathways, walk meandering paths down the mountainside and stop in stillness to admire immense, profoundly healing views.



Climate & Physical Activities

One of the main draws of Euphoria Retreat is the fabulous local climate and the opportunity this gives guests to explore the setting and surroundings. Whilst we offer a state-of-the-art gym, alongside yoga and Pilates studios, we also encourage our guests to spend as much time as possible moving their bodies outside and enjoying the remedial effects of time in nature.

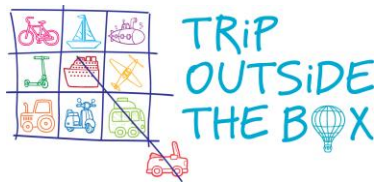


The Great Outdoors

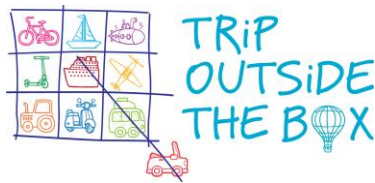
A Mediterranean Climate Encourages Outdoor Activities

One of the main draws of Euphoria Retreat is the fabulous local climate and the opportunity this gives guests to explore the setting and surroundings. Whilst we offer a state-of-the-art gym, alongside yoga and Pilates studios, we also encourage our guests to spend as much time as possible moving their bodies outside and enjoying the remedial effects of time in nature. Exercising outside has been proven to dramatically boost your mood and burn calories more efficiently. To the rear of the property, a private fir and pine forest blankets the slopes of Mount Taygetus, which rises to such a height that its peaks are still snow-capped in spring.





Enjoy solitary or guided energetic walks through the woodlands: the ground beneath your feet, the sky above you, the scent of pine in the air. Winters are mild, Autumn too is filled with Mediterranean warmth. Spring sees the lush valley of citrus fruits and olive trees come into full bloom, and summer evenings are made all the more magical by a cooling, herb-infused breeze. Gradually your senses are awakened, and many guests experience a release from the shackles of office work or city living. This is a landscape which begs to be explored, whether you want to enjoy our outdoor gym (fully equipped and with aerial yoga) jog into town, trek to Mystras, cycle past alpine meadows, or breath in lungfulls' of fresh air on an early morning trek. Our personal trainers can perform sessions outside, so instead of 30 minutes on a treadmill, you can bound up and down the steps of a classical amphitheater. A stay at Euphoria Retreat can be easily centered on improving your physical fitness and celebrating your inner resilience. For the super keen, we recommend our Spartan Spirit of Adventure Retreat, which won the Conde' Nast Traveller Spa Guide award for 'Best Fitness Program'.



- **Medical Programs**

Transforming Life at It's Core

Why Metabolic Health Matters

Your metabolic health is the cornerstone of your long-term wellness. Addressing imbalances now is essential to prevent potentially serious health conditions and maintain the energy and vitality needed to live life to the full.

What we offer

Our unique 360-degree approach integrates patented precision medicine with holistic care – emotional, mental, spiritual, social, and physical – to deliver five hyper personalized and transformative pathways to a healthier, longer, and happier life.

How We Differ

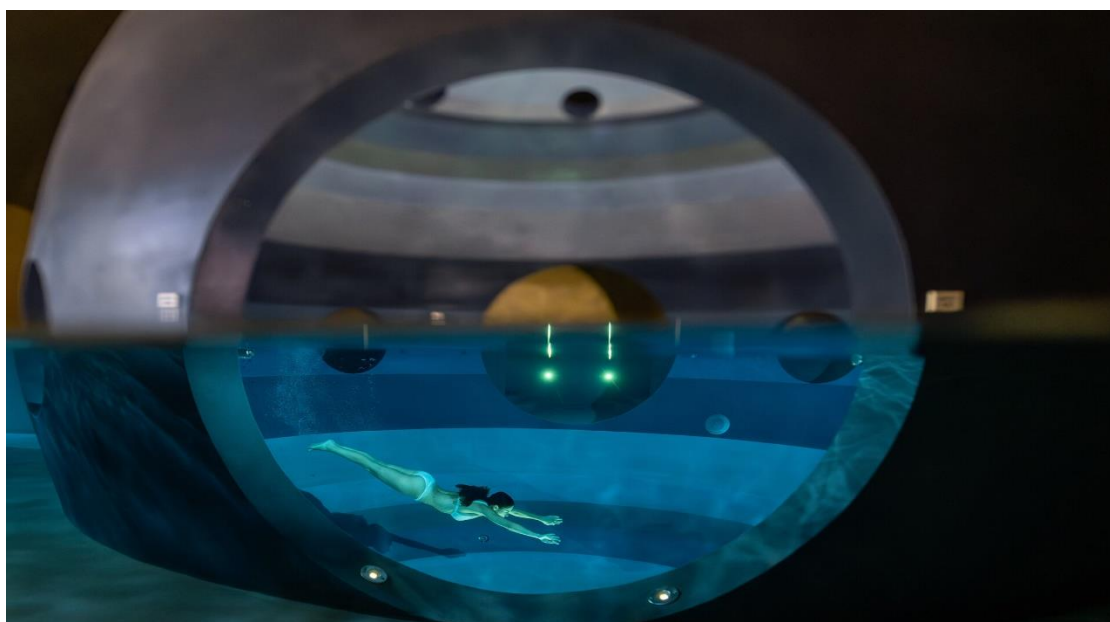
Combining ancient Hippocratic wisdom, Five Element Theory and cutting-edge medical science, our Euphoria methodology is a truly personalized pathway to wellness, focusing on root causes and employing a whole-person approach to create lasting wellness and fulfilment.

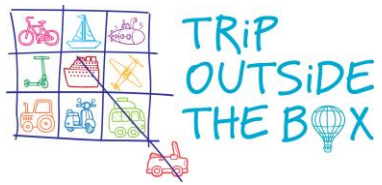
Precision Science

This is the world's first scientifically proven, patented cellular therapy, tested on over 10,000 people. By combining precision medicine with reverse engineering, we tailor interventions to your specific cellular needs, transforming your health and longevity.

A Personal Journey of Transformation - Reconnect With Your Heart & Soul

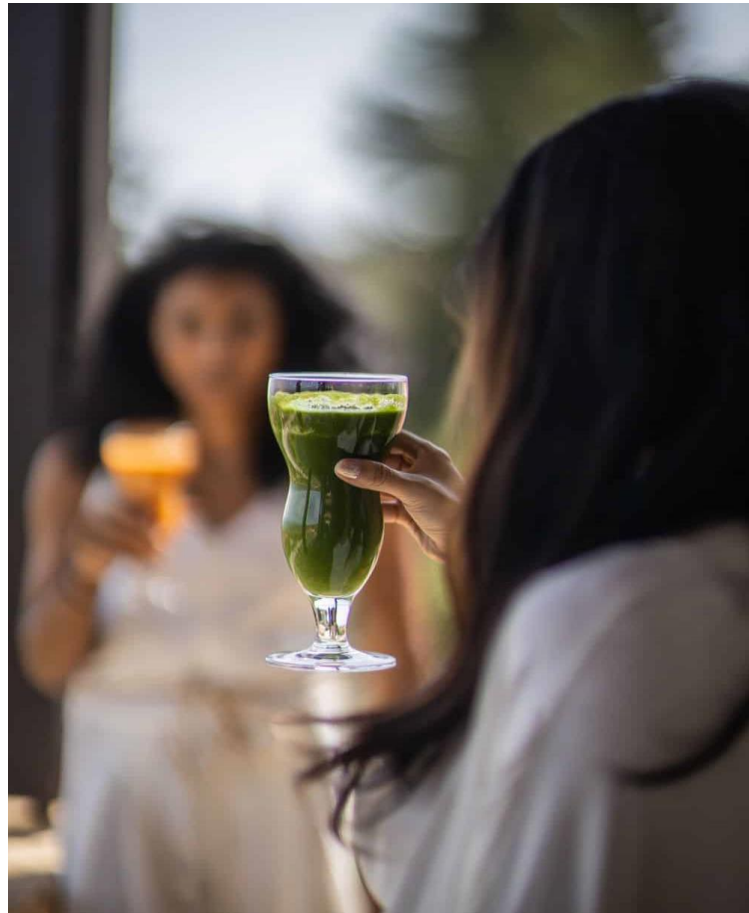
Our Programs & Wellness Retreats adopt a holistic approach to health which helps to restore physical, emotional, mental and spiritual balance. In everyday life, each one of us plays a role. But a Euphoria Program allows you to come back to your true self through a wellness retreat that just might change your life. For some, the experience is akin to being loved back to life, for others it is a chance to simply be looked after.





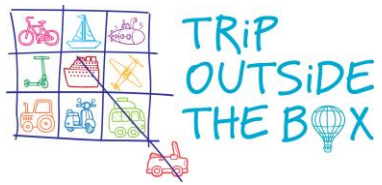
- **Wellness & Retreat Sessions**

Wellbeing Detox



Relax & De-Stress



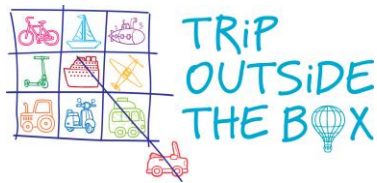


Euphoria Yoga & Mindfulness



Feel Alive Again





Odysseus Journey

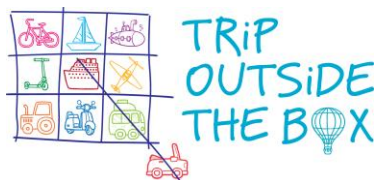
Explore, reflect, discover, play

Over five days you will learn more about yourself in a profound yet playful way. Through the legend of The Odyssey, through group discussion, our core philosophy of the Five Elements and immersive experiences unique to Euphoria Retreat, you will shed light on any inhibiting emotions, dissolve them and revel in a new and joyful confidence. This is a fun and engaging process for seeing the passage of our life's path. A retreat like no other !

Find and live your inner purpose through the lens of an epic story of Greek mythology. Like Odysseus does in The Odyssey, you too will reflect on your life decisions and where they are leading you. Join our expert retreat leaders to explore the narrative, along with the Five Elements philosophy and playful and meditative activities, to discover your Ithaca – in other words how to identify and reach your heart's desires. Enjoy the journey!

Odysseus Journey is for you if you would like to share, smile, and explore with others, without thinking too much. You will assimilate and contemplate in an unusual way which incorporates metaphor, discussion and physical activities that use the facilities and philosophy of Euphoria Retreat.





Spartan Adventure Fitness

Build physical endurance and stamina – Train outdoor – Explore how Ancient Spartans were training to become great warriors.

Spend an outdoor activity, exploring the region of Sparta, while unleashing your physical fitness and celebrating your inner resilience, in the style of our local warrior ancestors. The Spartan champions were revered as much for their military prowess as for their unwavering physical and mental focus to reach optimum performance. Train like a Spartan and feel proud of yourself !

Like all our retreats, this is another playful experience of exploration and joy – with a physical focus. Your outdoor activities, ranging in intensity, will take you through the beauty and history of the land of the Spartans, keeping alive their spirit of fitness, open-heartedness, and a love for nature.

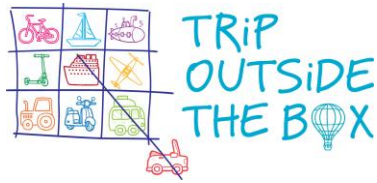
On this retreat, you will venture out on five daily excursions. On the 5-day retreat will go on a selection of excursions. Each activity takes place at a different location, so you have the opportunity to enjoy the unspoilt nature and culture of this historical area of the Peloponnese.

Each day includes 2-3 hours of physical exercise, with activities ranging between interval training, running, cycling, rock climbing and hiking.

You will have plenty of time to recover and rest from your physical excursions and training with our spa facilities, treatments, and plenty of nutritious, energy-giving food.

Live the Spartan virtues of strength and balance in the battlefields where they were victorious. You'll find this a soul-lifting experience too!

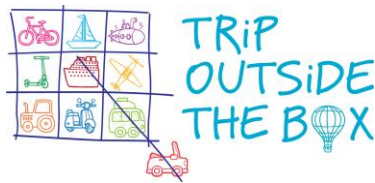




Emotional Harmony

When we have been through painful or traumatic life experiences, we can naturally, and understandably put up walls of protection and become guarded, defensive, blocked-off, self-critical of others and of ourselves. Ironically, in order to open our hearts and start living a more balanced and joyous life, we need to express our repressed feelings and surrender to our experiences with acceptance. It is only when we let negative emotions go that we can invite more color into our lives. Our Emotional Harmony program allows guests to connect with those narratives and embrace a new future. It allows you to speak your truth in a safe place, receive tender nurturing and come to a place where you feel centered and peaceful. Through a process of positive internal communication, you will come into terms with fear and feel ready to live a more harmonious meaningful life opening up in spiritual guidance and connection.





The Spa area

“The natural healing force within each of us is the greatest force in getting well.”

— Hippocrates

An Extraordinary SPA Hotel in Greece

Like all the best destination spa retreats, Euphoria is its own universe. One filled with codes, patterns and deeper meaning. An exploration of our spa is also a journey of self-discovery. As our founder Marina Efraimoglou says, “When you explore Euphoria we give you the keys to explore yourself. This exploration brings greater freedom and happiness, it is an adventure with no pre-conditions.”

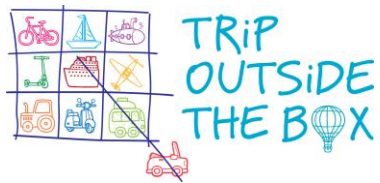


Our Healing Philosophy: Euphoria Methodos

“Happiness depends upon ourselves”

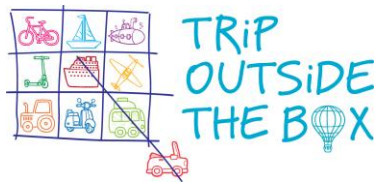
— Aristotle

During your holistic healing retreat at Euphoria, our facilities, treatments and harmonious design invite you to connect with your purest, truest self – untainted, just as nature intended. Here you can let go of the roles and expectations of society and simply ‘be’. In this relaxed state, you can connect with what is happening in your heart and soul, and with the divine, whatever that might mean for you. What you will learn on a holistic healing retreat with us is that when we connect with this essence, we become open to receive – and this creates the space where healing can occur. This doesn’t necessarily mean fixing every ailment, more the suggestion is to come into an acceptance of yourself, exactly where you are at. Your life, your journey.



We have developed a unique spa philosophy, our 'Euphoria Methodos', which marries East with West, ancient Hellenic Medicine with Traditional Chinese Medicine and science with naturalism. These converging approaches cannot be found anywhere else in the world and have positioned us as the best destination spa in Europe.

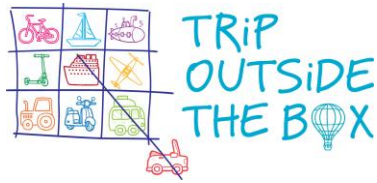




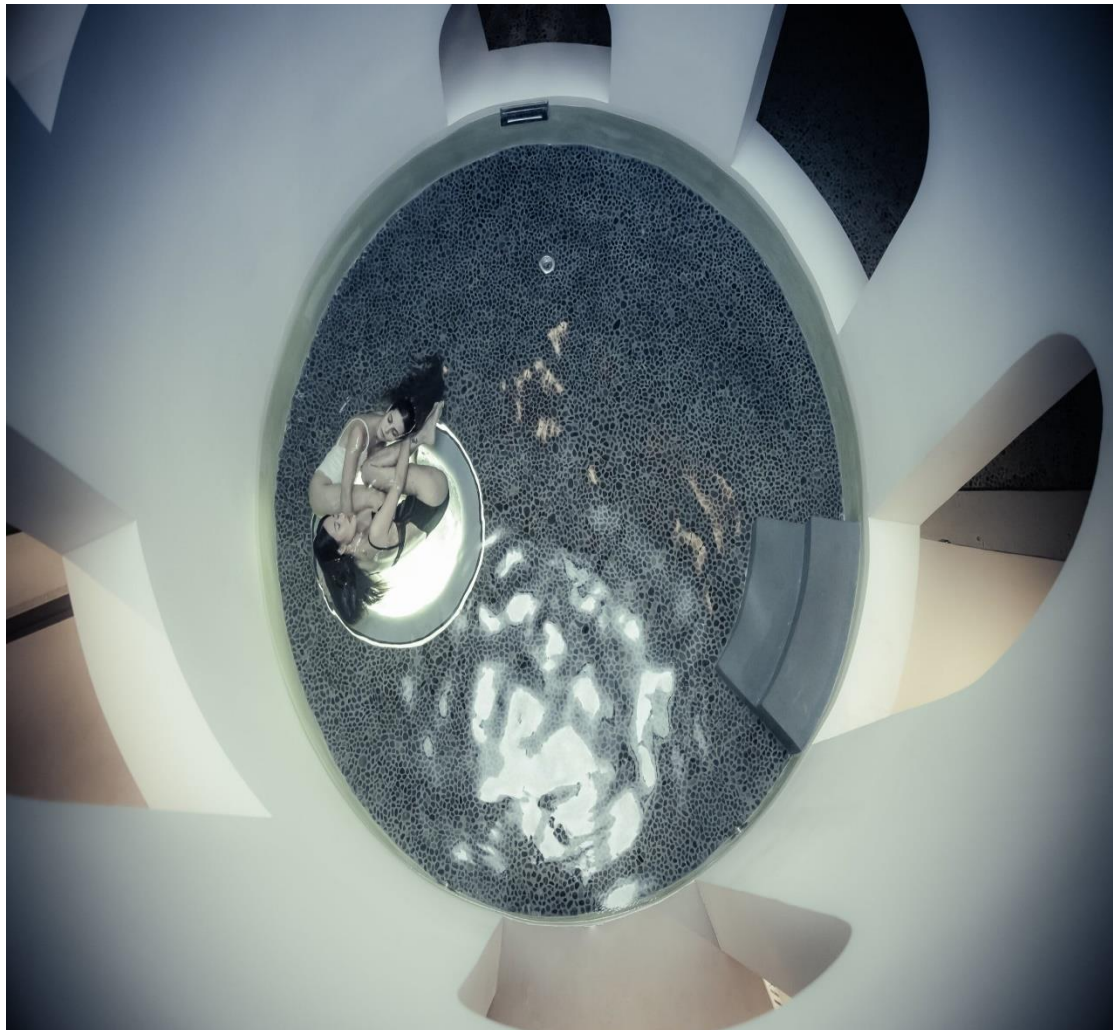
Developed independently, and yet almost in parallel, by Chinese and ancient Greek philosophers, The Five Elements theory separates nature into five categories (elements) each with distinctive characteristics that are reflected in patterns of human health and behaviour. On top of this, the ancient philosophers associated different elements with varying seasons and understood that the interrelated cycle of human life and the natural world underpins all things. So, whilst the ancient Hellenic and Chinese civilisations may have been far apart geographically, they shared a common understanding of the cosmos and human nature. Both nurtured a love for inner peace and complete health.



With a holistic – or ‘whole’-approach Hippocratic medicine goes hand in hand with Taoist spirituality, which is also based on wholeness and unity. This unique approach, which we call ‘Euphoria Methodos’, lies at the heart of Euphoria’s Signature treatments, Wellness programmes and retreats, all of which are designed to heal the inseparable whole of the complete individual. We understand that the physical, spiritual and emotional are intimately integrated, and we attend to every aspect of your care so that you might ultimately take your health into their own hands, become your own healer and reach a state of health and joy described by the ancient Greeks as ‘Euphoria’.



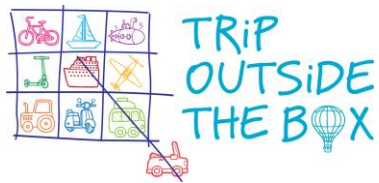
This naturalistic 'Euphoria Methodos' philosophy is evident everywhere at Euphoria's spa, which embodies a holistic approach based on the understanding that our physical, emotional and spiritual selves are intrinsically linked, and, just as nature changes with the seasons, so too do our own energetic cycles. A health and wellness retreat at Euphoria aims to soothe your nervous system, reboot your energy levels and align your inner world with the rhythms of the natural world.



Cradled by Mount Taygetus our spa building is, quite literally, at-one with nature. Views of our 'Garden of The Five Senses' and the verdant Eurotas Valley, unchanged for centuries, are never far away. Inside, you'll find a relaxed, nurturing environment, of equal beauty. The Five Elements – fire, earth, water, air and aether – form the cornerstone of our healing philosophy and are integrated into the architecture and design, with certain areas dedicated to particular elements and their related energies. To connect with these elements is to connect with both nature and your Self.

Fantastic Facilities

Fundamental to any stay at Euphoria is an exploration of our spa building. Not just an architectural wonder, here you can discover the most astonishing array of facilities, from swimming pools to exquisitely designed steams, saunas and much more.

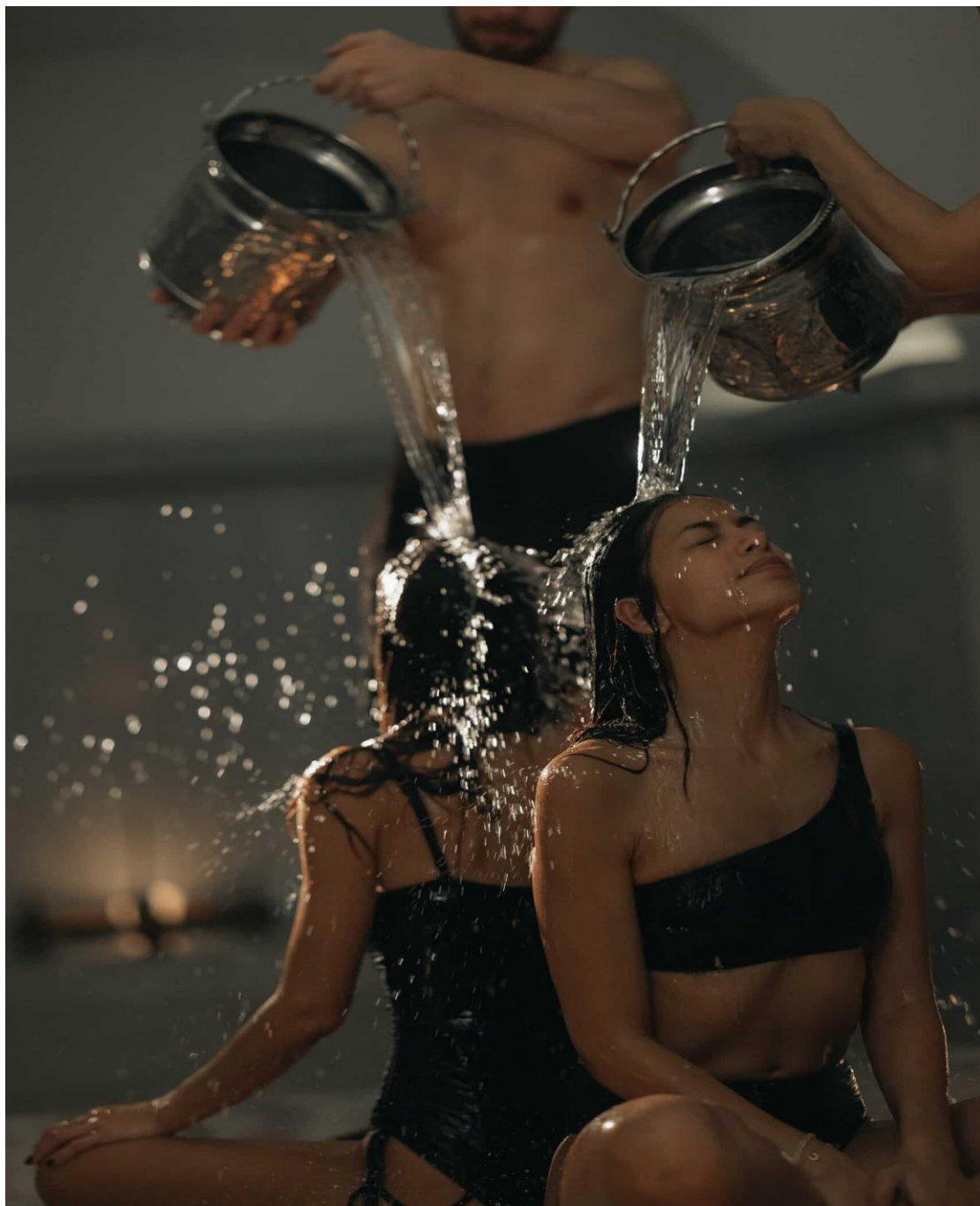


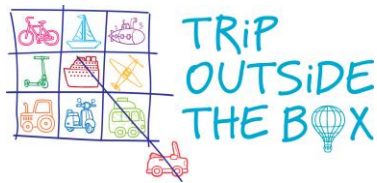
Byzantine Hammam Spa

An ancient Eastern ritual that combines skin cleansing techniques and massage.

One of the most sought after spa experiences and included in a number of signature therapies, our Byzantine Hammam channels an aura of eastern mysticism and healing energy.

With each exfoliation and massage session, you'll feel skin become more nourished and rehydrated as any tension in the muscles slips away and you emerge feeling fully revitalized. An integral part of daily life in ancient times, a Hammam is known to kill bacteria and boost immunity, ensuring the purifying effects will last long after your stay.





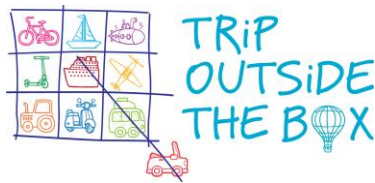
Cold Plunge Pool

A post work-out icy dip which leaves you feeling utterly rejuvenated

Commonly used to reduce muscle inflammation and speed up injury recovery time, a quick dip in a cold plunge pool after a demanding exercise session will also leave you feeling rejuvenated. Ease yourself gently in, slowing the breath during the first few seconds and making as little movement as possible.

This brief immersion not only strengthens the immune system; it's known to be emotionally uplifting and mood improving too. And, when combined with heat treatments, Cryotherapy boosts the sympathetic nerves, releasing hormones which leave you fully alert and humming with energy.





Experiential Showers

A sequence of temperature-shifting showers for an enlivening, sensory experience

Explore the stimulating effects of water temperature changes on the skin with an experiential shower. As you step from one cascading rain shower to the next, the water slowly shifts and you can alternate from water to bracingly cold, whilst enjoying Aromatherapy aromas from piping hot to lukewarm and, finally, bracingly cold.

These gradual temperature changes not only allow the blood vessels to gently narrow and expand, stimulating the circulatory system and boosting metabolism, but also enhance your overall wellbeing. This results in more energy and being revitalized for the rest of the day.

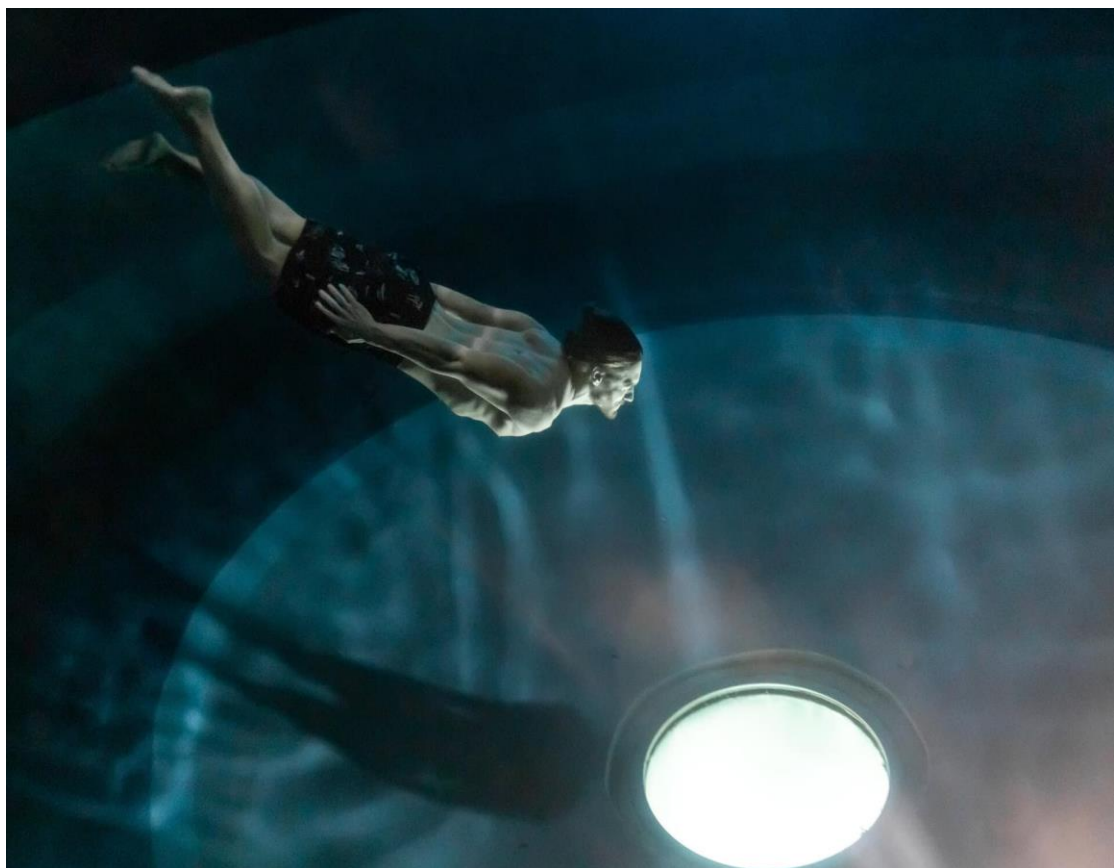
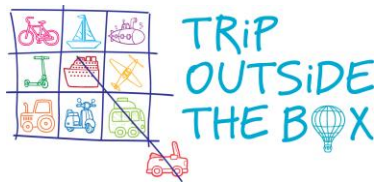


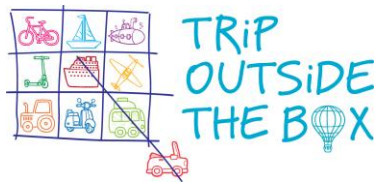
Sphere Pool

An ethereal, cleansing experience symbolic of a spiritual rebirth

At the very heart of Euphoria's spa, you'll find this distinctly avant-garde sphere pool. Surrounded by cocooning Byzantine domes inspired by the architecture of the iconic Hagia Sophia church, this ritualistic experience is both joyous and revealing.

Spherical stone walls are home to booths with in-water benches to sit and a series of hydrotherapy jets pummel sore muscles into submission and help to release computer shoulders. Lighter and clearer, next glide into the sphere, half-filled with water waist deep at its outer rim, before fully submerging to a 4-metre depth at the centre. Even if you feel a little anxious, most guests revel in the enveloping womb-like sensation. Soothing marine sounds play softly under the water transporting you to into a more sensory world, a place where feel connected to your primal self, where dreams are born and where the body comes out of the head and into 'feeling'. Even in the depths and the darkness, the light is always beckoning. Emerge blissfully light, carefree and released.



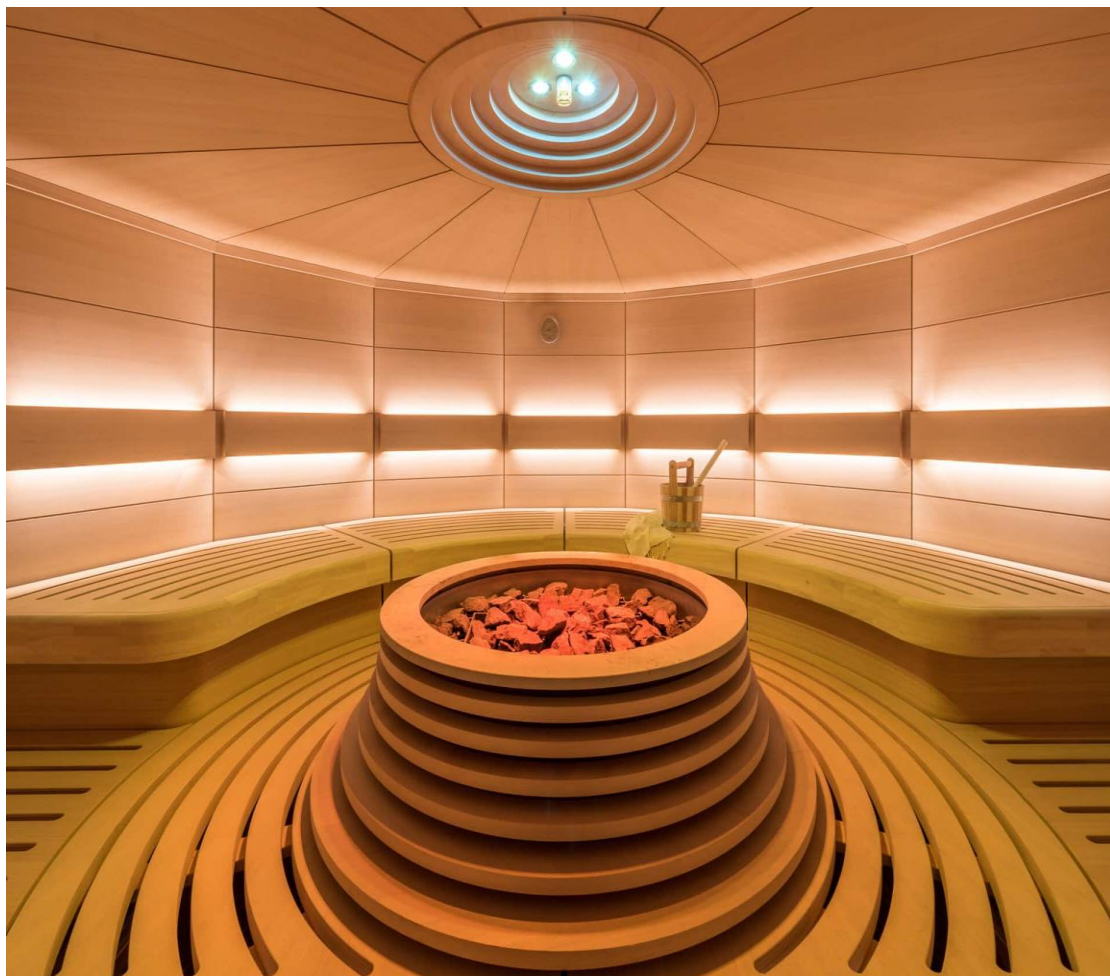


Finnish Sauna

Sweat out harmful toxins and let go of stress

Casting aside the stresses of everyday life is fundamental to any cathartic journey. In our natural wood Finnish sauna, it takes only a few minutes to work up a deep and healthy sweat which provides a release – emotionally and physically – as nasty toxins and any impurities are flushed from your skin and muscles.

The dry heat boosts blood flow, allowing you to feel fully rejuvenated, while the process of actively casting aside your worries practically guarantees a restful night's slumber.

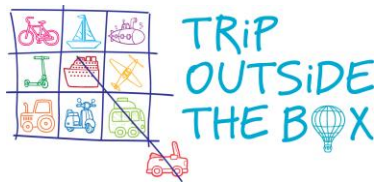


Ice Fountain

Cool down and improve circulation

With cold flakes falling into an ancient sculptural marble bowl, the ice fountain is the perfect antidote to a thermal experience, such as a Finnish sauna or steam room session. Scoop up handfuls of the ice and rub gently over your heated body to feel a wonderful stimulating tingling on the skin as it immediately cools down.

The quick blast of ice helps improve circulation around the body, releasing toxins, boosting the immune system – and leaves you feeling thoroughly refreshed.



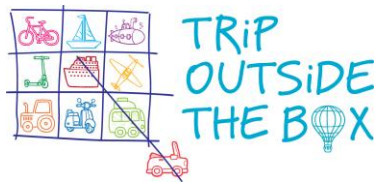
Fitness Room

A state-of-the-art gym to channel your renewed energy

Be inspired by the cutting-edge Technogym cardio machines and strength equipment in the generously sized and brightly lit fitness room. Once you've taken the first steps on the healing journey and begun a personalised nutritional plan, you'll be bursting with renewed energy and enthusiasm for an adrenaline-pumping daily workout.

Specialist trainers are on hand to offer guidance according to your abilities and condition, or you could simply follow your regular training routine. Either way, working up a sweat in our gym is a great way to not only make your heart beat faster but improve your mental wellbeing too.





Waterwell Kneipp Therapy

A series of circulation-boosting footbaths

With a spiral staircase that connects all four floors, the 25m Waterwell is – quite literally – right at the centre of the spa experience. There's a skylight above and, at the base, hot and cold footbaths marked by black and white pebbles which will introduce you to the healing effects of Kneipp Therapy.

One of the oldest and simplest treatments of all, hot and cold water therapy works by narrowing the blood vessels, allowing vascular expansion that promotes circulation throughout the body. Regular sessions can help to support immunity and lymph drainage, as well as ease recovery from injuries.

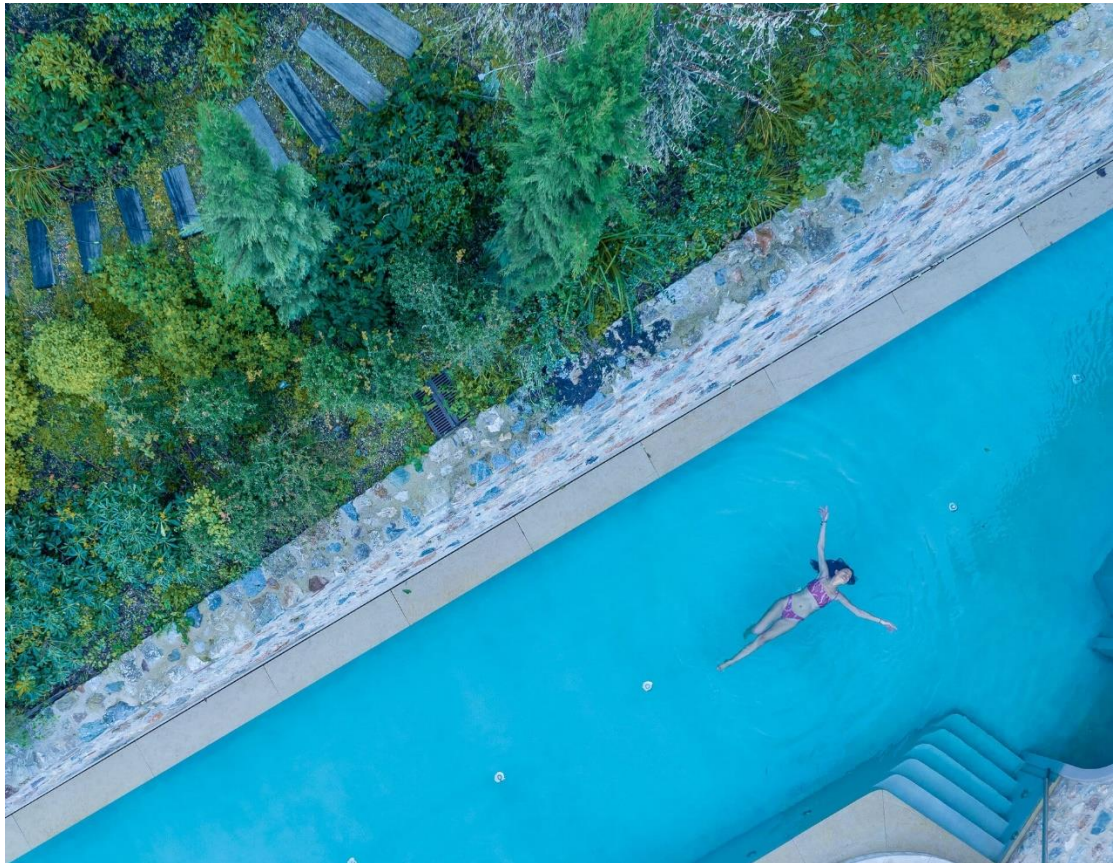
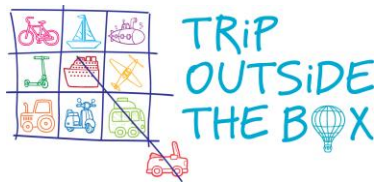


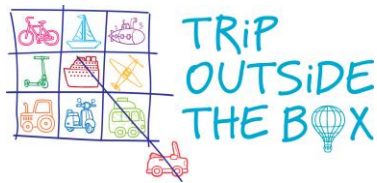
Infinity edge pool

An invigorating swim in the fresh air

Blurring the lines between the inside and outside, the infinity pool stretches out towards the horizon. Swim through a discreet opening in the wall and you'll find yourself suddenly under the dazzling blue Mediterranean sky listening to birdsong and cicadas in the sunshine.

Whether you relax by the water's edge, simply gazing at the green forest and magnificent Mystras village below, or do daily lengths, this is a sensational spot – and a vital part of your spa journey.





Infrared Sauna

Harness the positive health benefits of radiant energy and heat

Tapping into the multiple health benefits of infrared light, this dry, wood-lined sauna uses longer wavelength radiation invisible to the naked eye to generate heat and penetrate the body.

As well as purifying your skin by releasing toxins, such as heavy metals and chemicals, infrared light therapy can also boost blood circulation and metabolism, contributing to weight loss and pain relief. A comprehensive program can even enhance anti-ageing treatments.

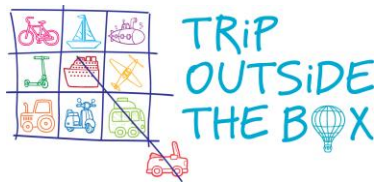
Outdoor California Hot Tub

A well-earned soak, surrounded by nature

Tucked away on the top floor of the spa, surrounded by a private forest and with panoramic vistas of the lush Mystras valley ahead, our outdoor California hot tub feels like a secret hideaway.



Sit back in the blissfully warm bubbling water, listen to the tranquil sounds of nature and soak up the sensational view as you contemplate your transformative journey so far. After everything you have given to your body, mind and spirit, you deserve it.

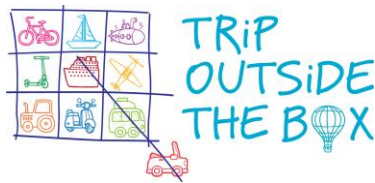


Pilates and Private Exercise Studio

A dedicated exercise space to reach your personal goals

Right next to the fitness room, the Pilates and private exercise studio is the place to tailor your health and workout needs with a personalized plan that hones in on achieving individual goals.

You can join group core strengthening Pilates sessions – with an emphasis on the mind-body connection – or explore aerial yoga and other specialist exercises. Or you can simply take time to enjoy one-to-one sessions in TRX and other exercise disciplines of your choice.



Sanctuary Deprivation Pool

Encourages deep meditation and soulful self-reflection

Perhaps the most immersive experience in the Euphoria Retreat spa. The sanctuary deprivation pool allows for a complete mental and physical escape in water where the temperature matches that of your body.

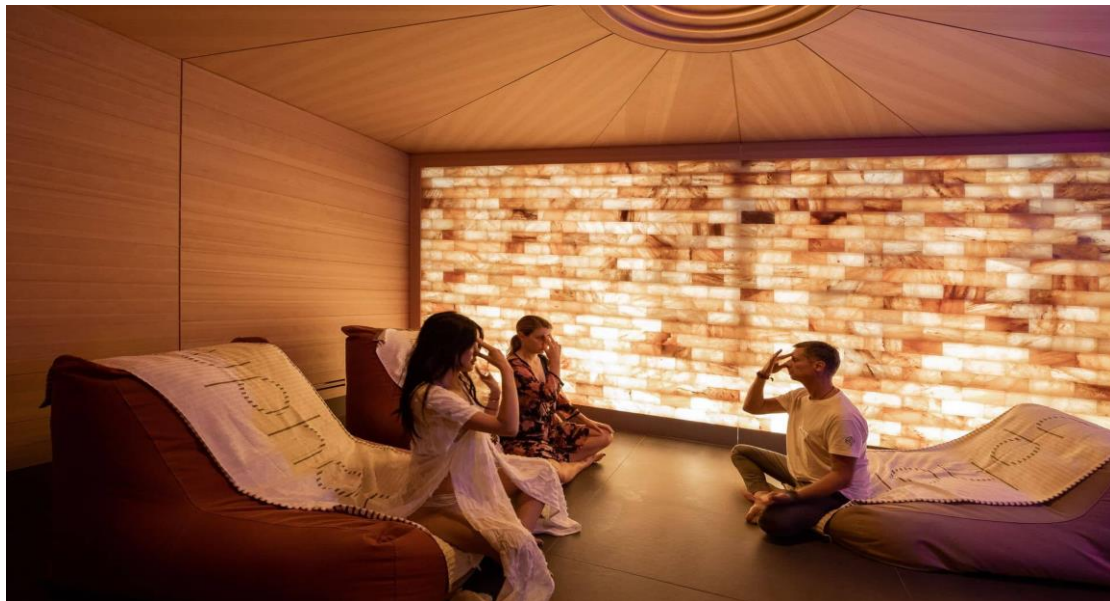
By reducing all sound and light distractions, and adding just enough salt so the body effortlessly floats, you can block out daily worries and hone in on internal sensations to reach a state of deep meditation and self-reflection.

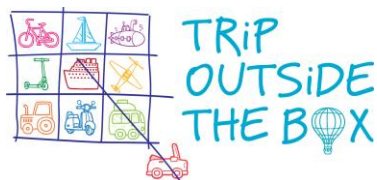
Speleotherapy - Salt Room

Ideal to clear the lungs, discover the natural healing properties of salt

Partially translucent blocks of salt, all lit up in warming shades of amber, line the back wall of this very special treatment space. A natural disinfectant, with antimicrobial and antibacterial properties, salt has a well-earned reputation in therapies that drive cell activity and boost energy and blood sugar levels. It can also help to alleviate asthma and allergies.

The ambience is calm, the effect detoxifying as you lie back and relax, slowly and steadily breathing in the salt particles from the air. Sessions usually last around 20 minutes.



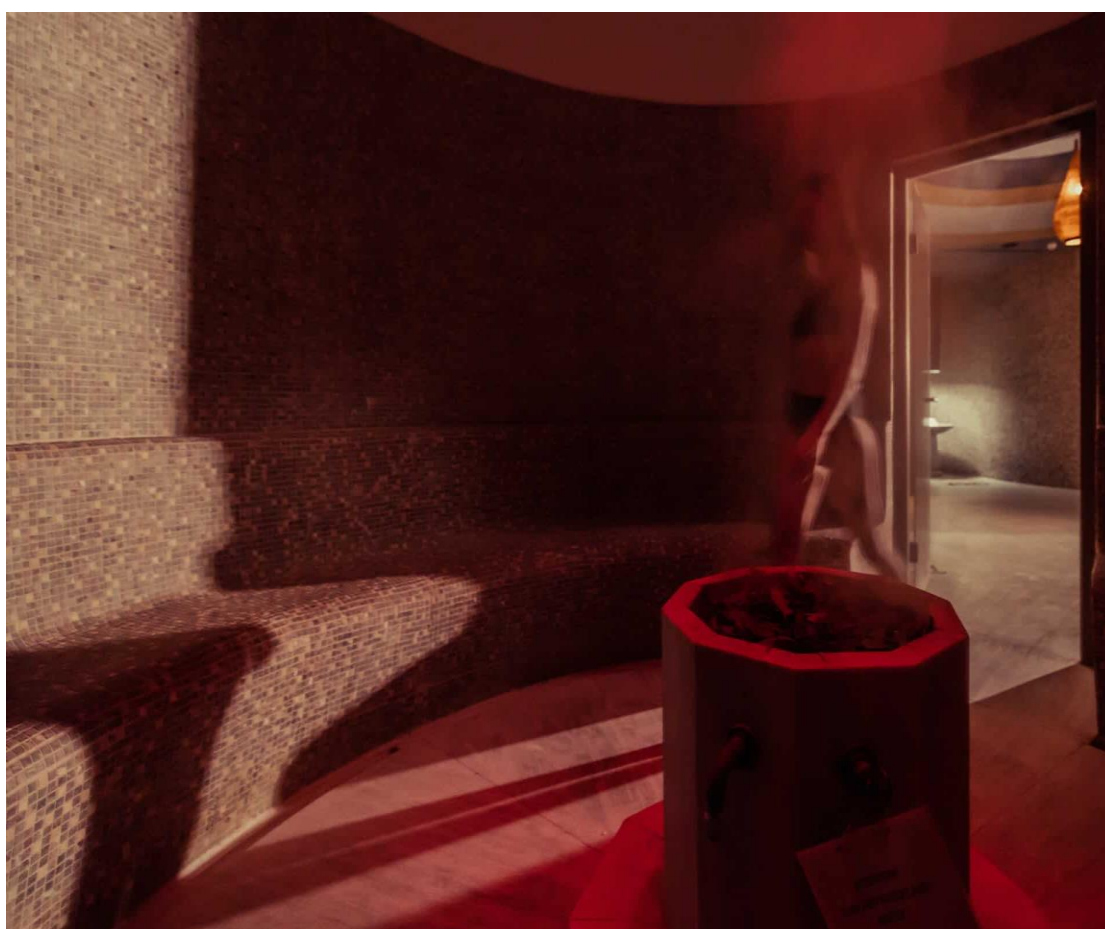


Steam Room

Invigorating at every level and with abundance health benefits

An alternative to the dry heat of the sauna, the humidity of the steam room offers the same multitude of health benefits. Released into the atmosphere from a marble center point, the steam is around 43°C – meaning that it will clear congestion and open your sinuses within minutes, ridding pores of any harmful toxins.

Energizing and cleansing (especially after a workout), stiff joints will loosen; muscle tension will ease and blood pressure lowers, leaving you feeling fully relaxed and utterly refreshed. Twenty minutes maximum recommended per session.

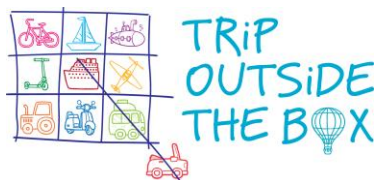


Tepidarium

A restorative, healing space that radiates therapeutic warmth

Just as in ancient times, the full therapeutic power of our tepidarium is as much about its relaxing atmospheric lighting and subtle, beautiful design as it is about the restorative effects of moderate heat on the body.

The finest marble has been used for the mosaic benches, walls and floors, all of which emit warmth between 37-39°C – just above body temperature – and keep humidity levels to around 20 percent. Lie back, let muscles relax and re-energize as your immune system begins to be restored. Ideal for helping with recovery from injuries and illnesses.

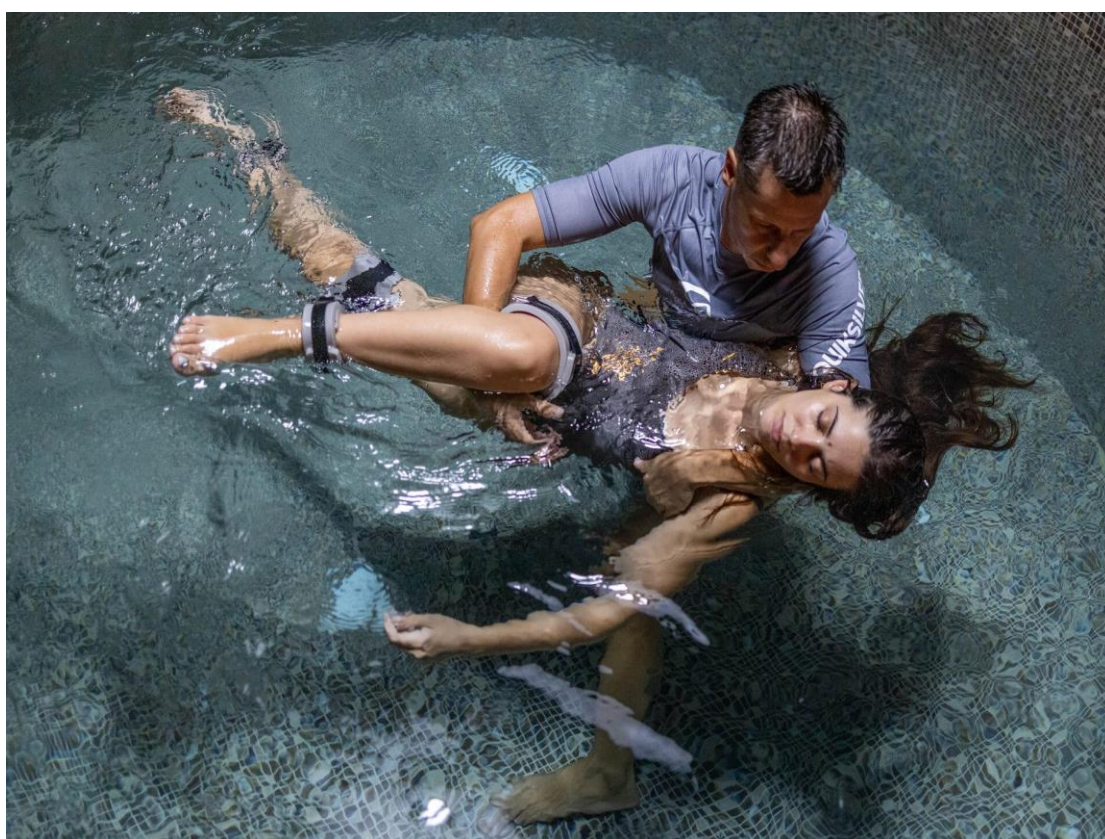


Watsu Pool

Personalized aquatic bodywork therapies in our dedicated pool

Designed for supportive one-on-one bodywork therapies, the Watsu Pool is heated to a comfortably warm 35°C. Personalized sessions led by a specialized practitioner are often used to alleviate pain and discomfort by combining elements of massage, shiatsu, muscle extension and joint movement.

The resistance of water of our Watsu Pool soothes physical tension so the body relaxes and, as you lie back floating in the chest-deep water, you will be cradled, rocked and gently stretched, which encourages a flow of energy. Our fully trained therapists will optimize each treatment according to subtle changes in your muscles and breathing.

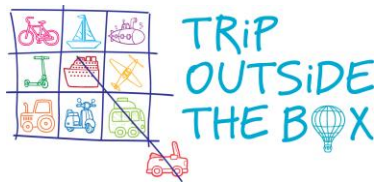


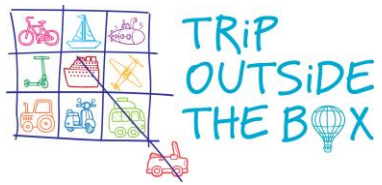
Yoga & Meditation Rooms

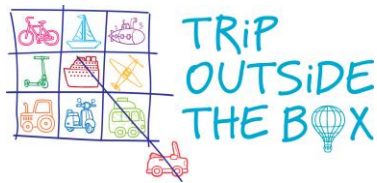
Silent spaces, perfect for discovering inner balance and mind-body harmony

Yoga and meditation form the cornerstone to a transformative experience that addresses physical, mental and spiritual wellbeing. So, on your yoga retreat in Greece at Euphoria Retreat, two quiet spaces with calming views hold space for you to inhale abundance and exhale excess – where you can generate – and maintain – a sense of complete serenity.

Whether you are joining our yoga retreat in Greece at beginner's or advanced level, professional instructors offer guidance and support to achieving focused relaxation through breathing techniques and postures that will help you find soul-nourishing balance and mind-body alignment.







Our Treatments

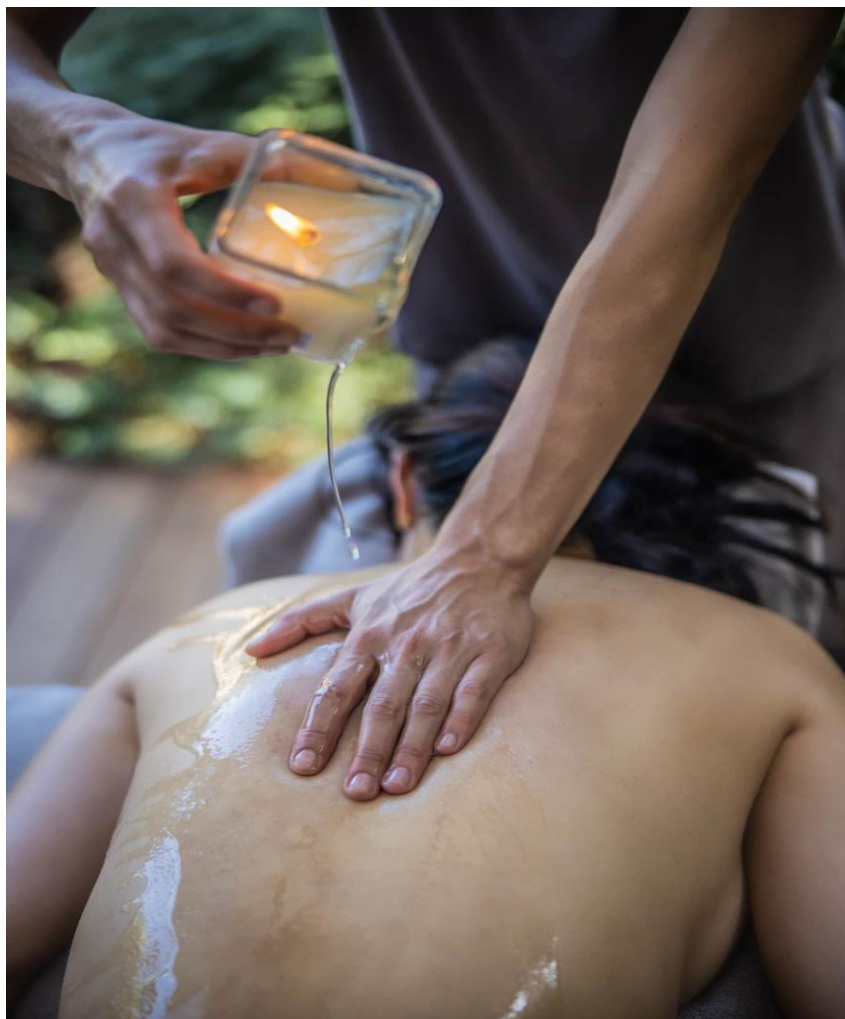
“Healing is a matter of time, but it is sometimes also a matter of opportunity”

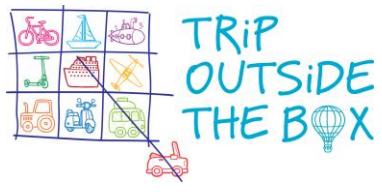
— Hippocrates

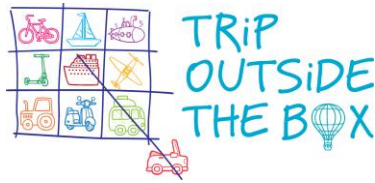
Your Path to Euphoria

Exceptional Treatments at Greece’s Foremost Destination Spa

As one of the best and most dedicated spa hotels in Europe, Euphoria offers an impressive collection of wonderful spa treatments, ranging from energy healing, cosmetic facials and slimming treatments to Homeopathic consultations, acupuncture and lymphatic drainage. Whether you’re on a spa weekend retreat, enjoying one of immersive wellness programs or have signed up to one of our date-led, life-changing retreats – you can add and layer treatments as you wish. Please talk to our expert team who can advise you on which spa therapies will suit you best, dependent on your emotional and physical state. Our massages have become legendary and range from the orange and pine scented Euphoria Relaxing Aroma Massage to Hot Stone and Thai. Those seeking subtle energy work and greater emotional peace will enjoy our Reiki, 5 Elements Balancing Treatment and our signature ‘Sanctuary for busy minds’.







Breakfasts / Meals / Dinners

The Euphoria Approach to Nutrition

A Food Philosophy Suitable for Everybody

Central to any stay at Euphoria is our food. Unlike many destination spas, here each guest eats differently according to their individual needs. Which is why meals are not included in our programs. Our '3GLs' Test will provide invaluable insight into how your body metabolizes food. Perhaps you need to boost your vitamin intake and balance your mind and mood. Or maybe you want to change a long-term unhealthy relationship with food. Whatever your results show, whatever your goals, the Euphoria approach is not about deprivation –it is about balance and enjoyment. We offer a scientifically proven healthy, Mediterranean diet.

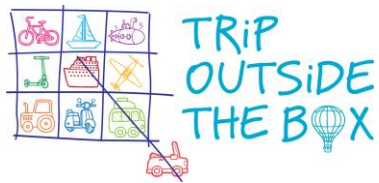
"Let food be thy medicine, and let medicine be thy food"

— Hippocrates

The Gaia Restaurant

Taking inspiration from the ancient Greek word for 'Earth' (Γαία), our smart, contemporary GAIA restaurant serves pure, authentic food alive with the energy of the mineral-packed soil of the Peloponnese. Offering a blend of regionally inspired contemporary Greek and Mediterranean dishes, the emphasis here is on simplicity, healthy living and full flavor.

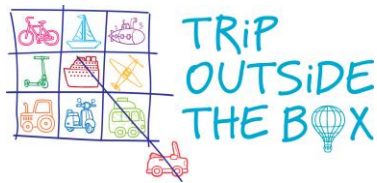




Come Together, Eat, Enjoy, Feel Nourished

Taking inspiration from the ancient Greek word for 'Earth' (Γαία), our smart, contemporary GAIA restaurant serves pure, authentic food alive with the energy of the mineral-packed soil of the Peloponnese. Offering a blend of regionally inspired contemporary Greek and Mediterranean dishes, the emphasis here is on simplicity, healthy living and full flavor.



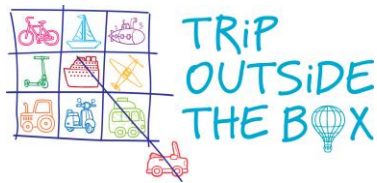


We've nurtured a relationship with local farmers, producers and winemakers, who we know by name, to create a menu that uses the best of local, seasonal and organic produce. Some is also grown in our vegetable and herb garden. For breakfast enjoy the likes of homemade granola with thyme honey and Greek yoghurt, or maybe you'd like to try our sweet potato and apple fritters, served with tahini and molasses. Lunches and dinners include the likes of fresh soups and salads, as well as super light fish and meat dishes. Fragrant herbs, antioxidant-packed spices and essential nutrients all help to aid digestion and boost your metabolism. Extra-virgin olive oil, like salt, is added to finish a dish so that its nutritional properties are fully retained.



With panoramic views of the valley, tables are arranged to encourage guests to share their day's experience, although privacy is entirely possible, too. Our bar offers fresh and healthy drinks, smoothies, coffee, tea variation and an exclusive selection of high-quality spirits, you're here to enjoy yourself. The GAIA Restaurant also offers an open kitchen for cookery lessons, where our chefs and nutritionists can share their knowledge and share our nutritional philosophy.





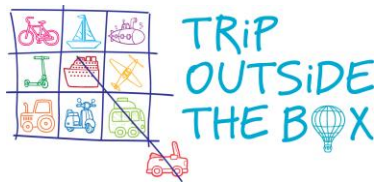
The '3GLs' Bespoke Eating Plan

"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."

— Hippocrates

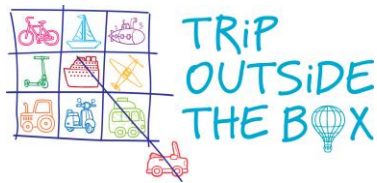
Euphoria's trump card, a scientific metabolic test for personalized nutrition

Euphoria Retreat offers one of the most innovative and cutting-edge approaches to nutrition available at any wellbeing destination spa. Euphoria's scientist experts team and their collaborators developed the patented '3GL PLUS therapy' which is unique to Euphoria and has been a key factor in positioning us as one of the best health spa retreats in the world. Based on a pinprick blood test, which measures the three most important bio-markers for metabolic health – glycogen, glucose, glutathione (the '3GLs'), as well as a simple urine test which measures more than 12 active metabolites and metabolically significant amino acids, the '3GLs' test is available for all our guests and can be booked in our spa. According to each individual's results, food menus are then totally customized in order to achieve better balance, energy and optimum health. Many guests say they start to feel better after as little as three days, most report that they feel a renewed sense of energy.



No program prices at Euphoria Retreat include meals, dependent on whether you want to incorporate this test and what it might reveal – perhaps you don't metabolize meat that well, or you need to boost your fruit and vegetable intake. The '3GIs' test is a gateway to better understanding yourself and offers a progressive, bespoke approach which meets your precise nutritional needs; 'Five years ago, I don't believe we would have been ready for it', says Doctor Leon. Off the back of this test, many guests are recommended five mini meals a day, to balance blood sugars and boost nutritional intake. So mid-afternoon smoothies or nuts appear in the spa relaxation areas to tie guests over. This self-loving attitude is entirely in keeping with our uplifting and joyous approach to health. There are no strict deprivation regimes at Euphoria Retreat. We're here to help you feel your best. Your life, your journey.

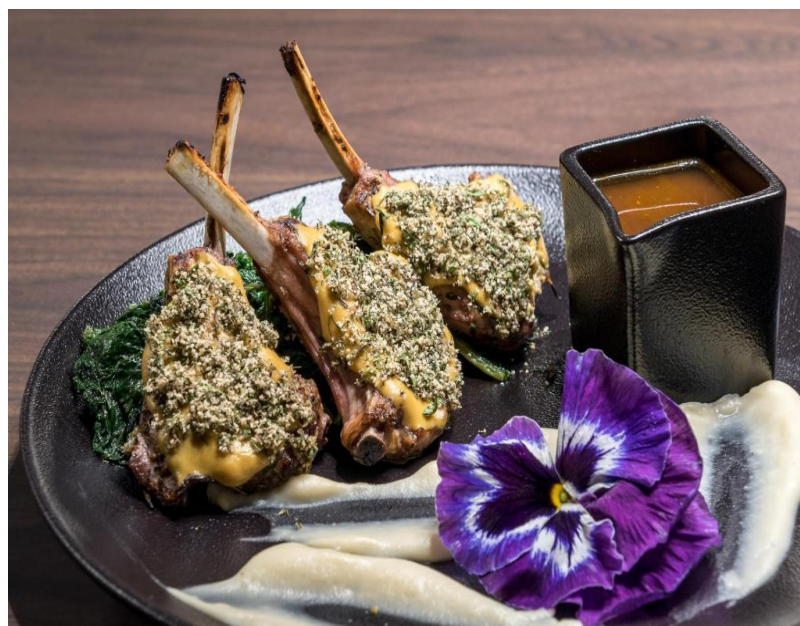
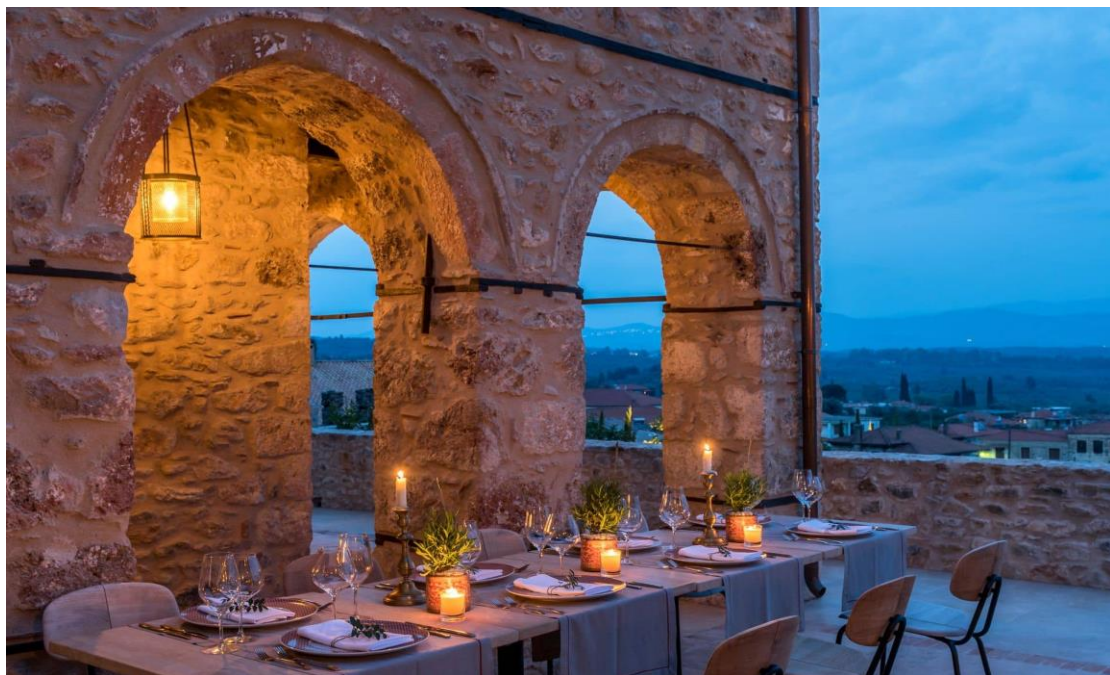




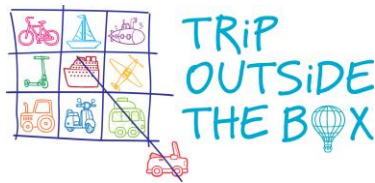
Private Dining

Far from the madding crowds

The ultimate in exclusivity and personalized service, our private dining experience in the lovingly refurbished Leoncini Mansion allows you to enjoy delicious, healing food with just your family and close friends. A unique setting, this intimate private dining room in the 1830-built Leoncini Mansion can be booked exclusively. Subtle candle lighting, a beautifully laid monastery-style table and personalized service add to the charm of a room decorated with hand-picked furniture and art and antiques from the owner's private collection. Our discreet, dedicated staff reinforce an ambience of hushed individuality and style. As always, our private dining meals are made with healthy, wholesome, authentically Greek ingredients.







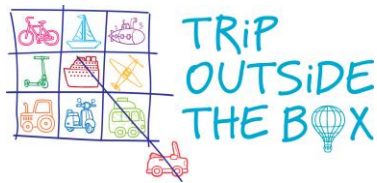
Optional Day Tours / Activities

Historic Day Trips

After Inner Discovery Comes Outer Explorations

Plenty of excursions are available for guests thirsty for adventure. Beyond the valley lies modern Sparta, just south of the ruins of the ancient city of the same name that gave birth to so many legends of fearless courage. Some believe that the bones of the kings of Sparta and the heroes of Thermopylae lie buried here, while the bust of Leonidas – the most famous king of the militarist city state – dominates the front of the National Stadium. Nearby, the ancient acropolis and the Roman theatre are also worth visiting, as is the city's Archaeological Museum. The Theatre of Epidaurus, 150km northeast, is another local highlight. One of the most impressive theatres of ancient Greece, built in the 4th century BC, and praised for its symmetry and beauty, it seats a maximum of 14,000 spectators (which gives you an idea of its size), and was even used as a means to heal patients, since there was a belief that the observation of dramatic shows had positive effects on mental and physical wellbeing. The amphitheater, whose acoustics need to be heard to be believed, is still used for moonlit summer shows and Greek soprano Maria Callas has performed here. Meanwhile, just inland from Epidaurus is Mycenae, another landmark Unesco World Heritage Site which showcases the most lavish, palatial center of the Late Bronze Age in Greece. And to the west explorers will find Ancient Messene. Dating from the 4th-century BC, and no more than a green valley 40 years-ago, gradual excavations have revealed an archaeological site in excellent condition and fully accessible to visitors. Other excursions to the historical landmarks of Arcadia, Olympia, Epidaurus and Monemvasia, are all within a few hours' drive.





Elafonisos

The Ideal Beach Escape

A tiny island, with just one village, famed for its golden sands and crystal-clear waters. A secret gem which perfectly combines a feeling of exploration and relaxation.

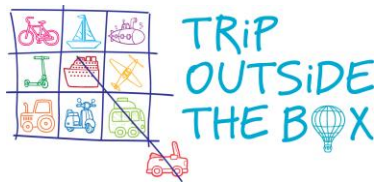


Monemvasia

A Castle Town known as the Gibraltar of the East

The Old Town and the Castle of Monemvasia have been entirely carved into the slopes of a huge rock that stands into the sea, offering breathtaking views. Explore restaurants, shops and some nearby beaches.

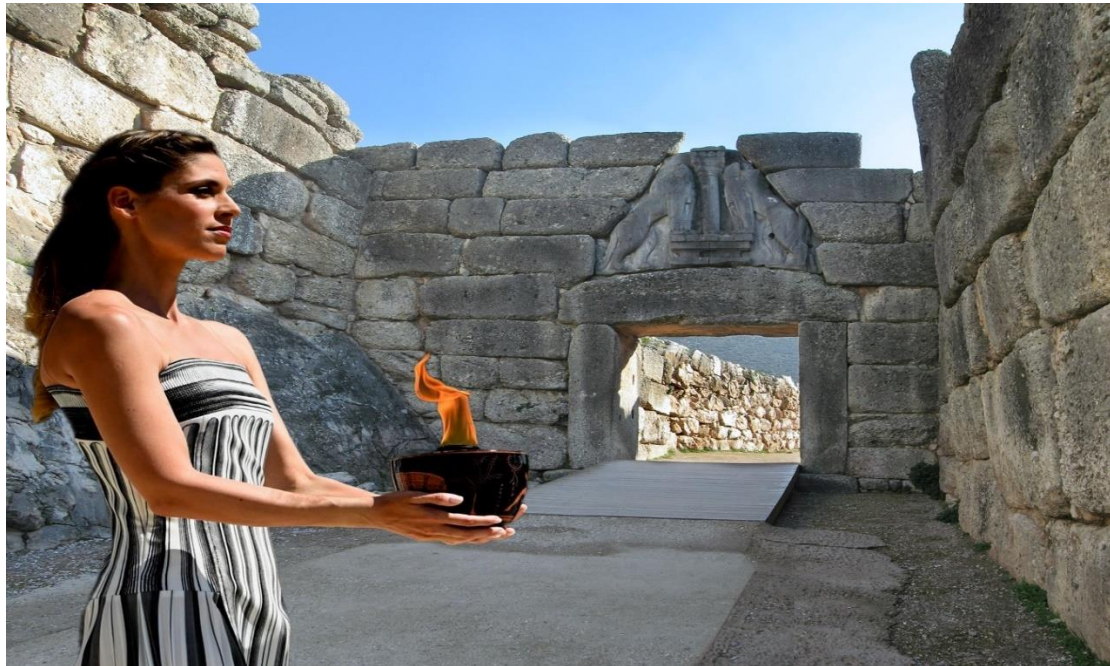




Mycanae

One of the most significant archaeological destinations in Greece

A UNESCO World Heritage site – the most important, and lavish palatial center of the Late Bronze Age in Greece : Homer’s “gold-rich Mycenae”. Wonderful !



Epidaurus

A UNESCO world heritage site theatre

One of the most beautiful, ancient, and open-air theatres in the world. Built around 340-BC it combines perfect acoustics, elegance, and symmetrical proportions. A world class attraction !



