



Quiet corner in a Junior Suite (inset), Euphoria Retreat



EUPHORIA RETREAT

Mystras, Greece

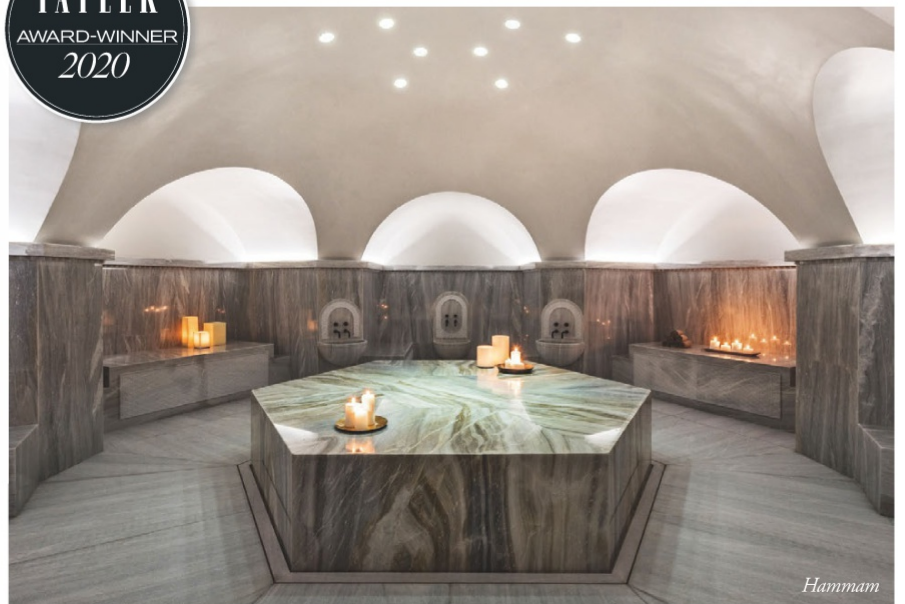
There's an energetic current running through this Byzantine retreat; through the surrounding land that was blessed by healers, through the aromatic pines and citrus trees that scent the Mediterranean air. It's a feast for the senses: a powerful reminder to stop and appreciate each moment, every breath – and two years since opening, that message is more potent than ever. Euphoria means 'intense happiness' and derives from the Greek word *euphoros* meaning 'healthy' – which perfectly encapsulates the vision of its founder Marina Efraimoglou, whose brush with cancer led her to immerse herself in the world of alternative medicine. Euphoria is her way of offering a path to others that she has travelled herself. Muted golds and deep reds weave their way into the cosy guestrooms that adjoin the cocoon-like spa; a stairwell spirals upwards from a black-pebbled Kneipp pool to sapphire-blue skies. It's a light-filled world; one where guests can float weightlessly in the Watsu pool, wallow in the steam of the hammam, and dive deep into a pool where the calls of dolphins can be heard below water. Therapies are designed to promote vitality: from ground-breaking Nutrigenomic programmes (Greek guru, George Leon, reboots metabolisms and triggers joy through the right fuel) to blockage-shifting craniosacral osteopathy and the quiet magic of traditional Chinese medicine, which lightens the body and quiets the mind. Some say that a trip can mend a broken spirit, others that it redefines what happiness means to them. Some call it life-changing.



Healing Holidays (healingholidays.com) offers a five-night wellbeing detox programme from £2,499, including British Airways flights and transfers.

Breezy does it

*Uptight, stressed, exhausted, lacking sleep and low in spirits?
Relax at healing sanctuaries which leave you fret-free*



Hammam