

# wellness vs. Escapes to Greece



***Sun, sea, sand, salt water, natural herbs, and hot springs:  
the Greek recipe to relieve stress.***

*Your eyes are closed. You are surrounded by golden sand, while the breeze dries the seawater droplets on your skin while the sun warms your back. Slowly, very slowly, the voices of stress, worry and anxiety become whispers, until they are silenced by the sound of the sea. You are calm, relaxed, your senses have awakened, and you let yourself be cared for by experienced hands: Turkish baths, massages, toning drinks based on natural herbs and treatments with products made from natural materials. You have been reborn. Your skin glows. Signs of fatigue have decreased. Here time becomes an ally, not an enemy and with each passing moment you feel more and more vibrant, young, happy and alive. **Your mind is at peace.***

***You are here to understand the truth of the saying of the ancients: “A healthy mind is a healthy body”.***

The ancient Greeks knew well the importance of balance between mind and body and knew how to use the country's abundant natural resources to promote health and happiness. Among these were the hot, mineral springs whose healing waters still soothe chronic ailments in no fewer than 850 locations scattered throughout Greece. The natural environment near the sea also works wonders.

In the ultra-comfortable facilities of high-end wellness centers and spa hotels, you will enjoy the luxury of therapies in exquisite scenery; You will experience a holistic rebirth by joining the activities (yoga, diving, cycling, and hiking) and discover the ingredients of a long and carefree life: serenity, tranquility, balance, and the justly famous Greek diet of pure health. giving products.



### **Spas and retreats in Greece**

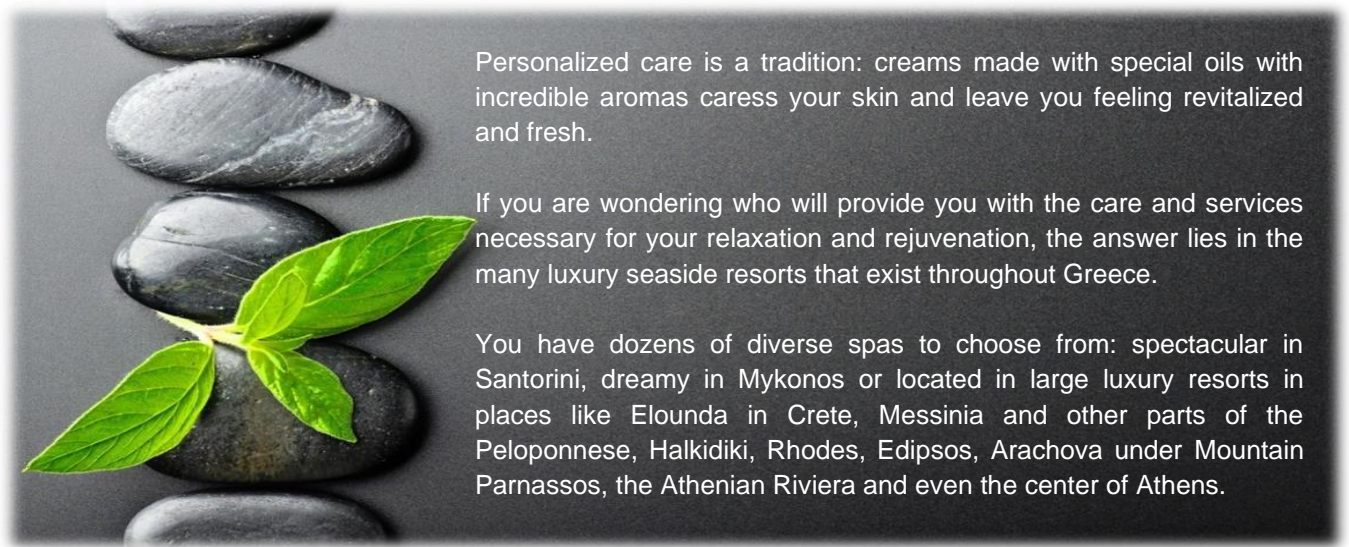
*In every corner of Greece, from Crete to Halkidiki and from the Greek islands to the Peloponnese, in luxury hotels and resorts, you will enjoy the latest in care, in true Mediterranean style: spas with hammams, hydromassage and thalassotherapy, gyms, and the benefits of a Mediterranean diet. Organic Greek produce, seasonal fruit and local herbs become the basis of a detoxifying regimen that will have you feeling like a better person in just a few days.*



Wellness tourism as well as "silent tourism" is a subset of it with distinct elements. Experiences such as sleep retreats, where you can enjoy short-day experiences based on sleep, or even silent walking trails, where walking paths are experienced as small excursions with minimal verbal interaction and give you the opportunity to combine relaxation and experience. Experiences that include meditation and are inspired by practices rooted in yoga or Buddhism are growing in popularity.







Personalized care is a tradition: creams made with special oils with incredible aromas caress your skin and leave you feeling revitalized and fresh.

If you are wondering who will provide you with the care and services necessary for your relaxation and rejuvenation, the answer lies in the many luxury seaside resorts that exist throughout Greece.

You have dozens of diverse spas to choose from: spectacular in Santorini, dreamy in Mykonos or located in large luxury resorts in places like Elounda in Crete, Messinia and other parts of the Peloponnese, Halkidiki, Rhodes, Edipsos, Arachova under Mountain Parnassos, the Athenian Riviera and even the center of Athens.

### ***Hot springs in Greece***

In Greece, welfare has a long history. From ancient times to the present, numerous hot springs in the country have relieved ailments, revitalizing the body and mind, stimulating, and relaxing the body and soul. According to the Special Committee for the Protection of Natural Mineral Sources, there are 20 recognized thermal springs in the country today: Lake Vouliagmeni (Attica), Kammena Vourla, Krinides (Kavala), Loutraki-Pozar (Aridea), Souroti and Thermi (Thessaloniki), Kanistra (Kassandra, Halkidiki), Kallithea (Rhodes), Loutraki-Perahora (Corinth), Paranesti (Drama), Yialtra Edipsos, Hanopoulos (Arta), N. Apollonia (Volvi), Papaioannou (Edipsos), Traianoupoli (Evros), Thermae Sylla and Diamanti-Pepona (Edipsos), Agios Fokas (Kos), Agrapidia (Florina) and Frini Skourtanioti (Edipsos) as the most recent addition.

Each landscape, as chosen by nature itself, stands out for the beauty and tranquility it exudes. By the sea, within lush green forests on the slopes of mountains with waterfalls, rivers, and lakes, you will rediscover priceless peace. Built near hot springs, wellness centers in Greece take advantage of the wonders of nature to provide you with a variety of specialized services and treatments. At the same time, schools and special programs offer yoga, tai chi and meditation lessons, in places with exceptional beauty combined with powerful energy.

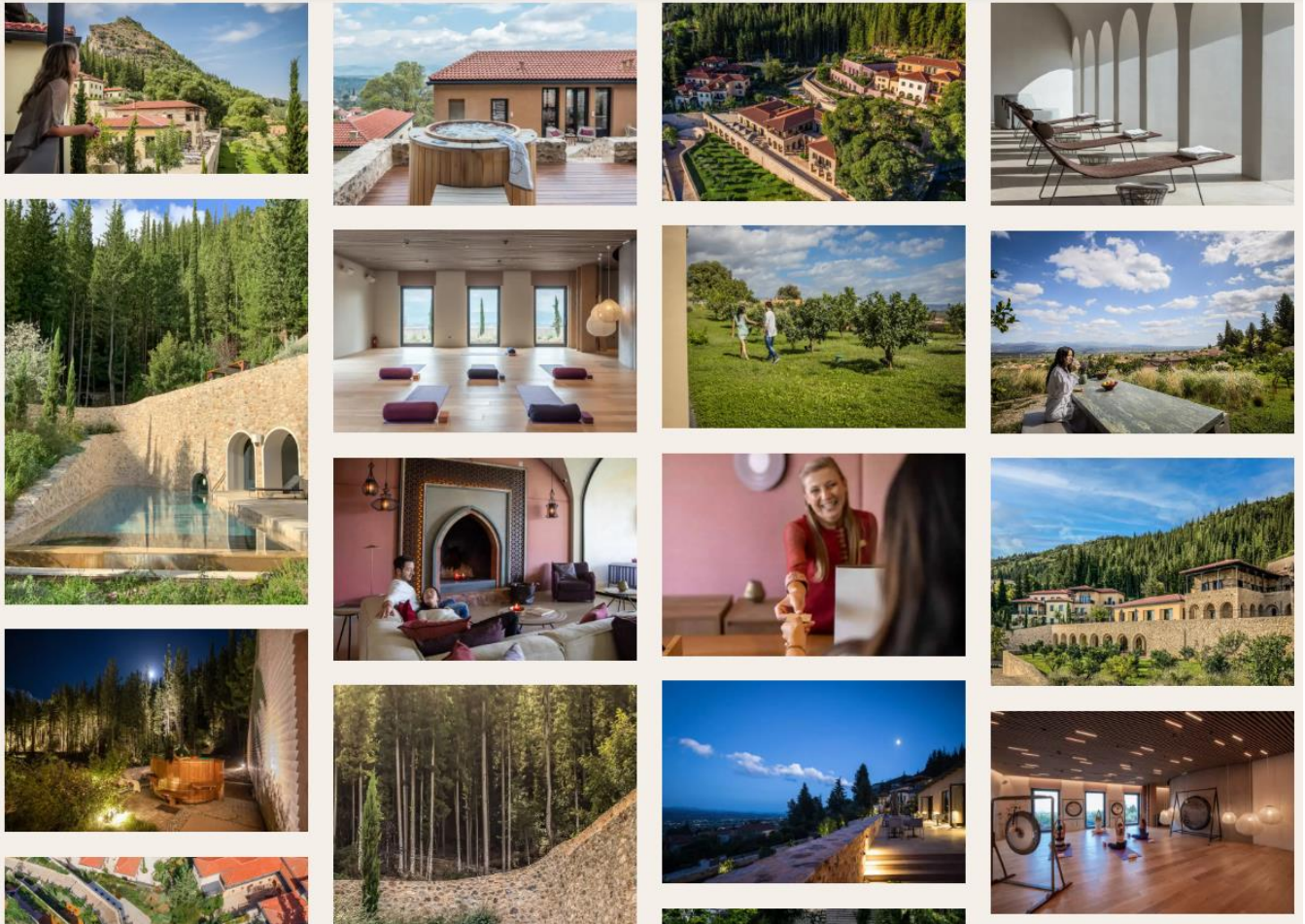
### ***Wellbeing: the power of nature***

Wellness is not just relaxation. Activities of all kind await you throughout Greece, where myriad landscapes and ecosystems create endless options for activities on land or at sea. Surfing, canoeing and kayaking, rafting, mountaineering, rowing, mountain biking, scuba diving, canyoning and hiking along trails of exceptional beauty provide unique rejuvenating powers.

The flourishing of "quiet" trips is a need for a voluntary withdrawal from the hustle and bustle of the city, a condition that combines relaxation and well-being to allow a second year to return to the urban fabric in better condition.



In one of the most magnificent landscapes of Greece, Euphoria's positioning will not disappoint you. Easy to reach and yet immersed in nature, including a vast private forest, it is both accessible and perfectly peaceful. The archaeological wonder of Mystras and the beauty of Greece awaits you. Come, explore with us.



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 Taigetos, 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 even 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) joga into town, trek to Mystras, cycle past alpine meadows, or breathe in lungfuls 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 amphitheatre. 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 Programme'.



## **INDICATIVE ITINERARIES**

### **OPTION A' - ATHENS & Euphoria Escape for Couples for 2 persons (4 treatments / person) available for 2 or 3 nights stay**



#### **Day 1 - ATHENS**

Arrival at Athens international Airport, reception from our representative and transfer to your selected hotel in Athens. Rest of the day at your leisure.

#### **Day 2 - ATHENS – CITY TOUR (H/D)**

After breakfast at the hotel, departure to see the city center, Constitution Square (Syntagma), the

Parliament House, the Monument to the Unknown Soldier, the Academy, the University, and the National Library. On the way to the Acropolis you see Hadrian's Arch, the Temple of Olympian Zeus and stop for photos at the Panathenaic Stadium, where the first modern Olympic Games in 1896 took place. At the Acropolis we visit the architectural masterpieces of the Golden Age of Athens: Propylaeum, the temple of Athena Nike, the Erechtheion and, finally, the Parthenon "harmony between matter and spirit", the monument that "puts order in the mind". Duration of the visit approx. 4 hours. Rest of the day free and overnight at your hotel in Athens.

#### **Day 3 ATHENS – EUPHORIA RESTREAT – MYSTRAS – 1st night – Euphoria Escape for Couples**

After breakfast at the hotel, transfer on private basis from Athens to Mystras to the Euphoria Retreat & Spa in the Peloponnese.

The peace of the Euphoria Retreat & Spa in the Peloponnese blends perfectly with a carefully picked selection of therapies that can please guests together or separately. Balance body and spirit with massages or facial and rejuvenating hammam ritual for both.

The Euphoria Escape for couples programme is bookable with all types of accommodation including breakfast. Half board and/or full board according to guest's wish.

#### **Day 4 EUPHORIA RESTREAT – MYSTRAS – 2nd night – Euphoria Escape for Couples**

Indulgent time out for two. Luxuriate with a loved one, a couple's package guaranteed to delight them both. Enjoy spa treatments, delicious food, and dramatic landscapes, giving them an opportunity to spend time together in a quiet place of natural beauty.

Roam around many facilities in spa whose spaces have been carefully designed with light, shade and rounded structures that offer immersive experience. This is a weekend of luxury that will also touch the guest's soul, as well!

#### **Day 5 EUPHORIA RESTREAT – MYSTRAS – RETURN TO ATHENS**

After breakfast departure for Athens international Airport, to catch the flight back to origin.

#### **End of services**

## **OPTION B' – ATHENS & Euphoria Boost Your Energy - available for 3 or 4 nights stay**



### **Day 1 - ATHENS**

Arrival at Athens international Airport, reception from our representative and transfer to your selected hotel in Athens. Rest of the day at your leisure.

### **Day 2 - ATHENS – CITY TOUR (H/D)**

After breakfast at the hotel, departure to see the city center, Constitution Square (Syntagma), the Parliament House, the Monument to the Unknown Soldier, the Academy, the University, and the National Library. On the way to the Acropolis you see Hadrian's Arch, the Temple of Olympian Zeus and stop for photos at the Panathenaic Stadium, where the first modern Olympic Games in 1896 took place. At the Acropolis we visit the architectural masterpieces of the Golden Age of Athens: Propylaeum, the temple of Athena Nike, the

Erechtheion and, finally, the Parthenon "harmony between matter and spirit", the monument that "puts order in the mind". Duration of the visit approx. 4 hours. Rest of the day free and overnight at your hotel in Athens.

### **Day 3 ATHENS – EUPHORIA RESTREAT – MYSTRAS – 1st night – Euphoria Boost your Energy**

After breakfast at the hotel, transfer on private basis from Athens to Mystras to the Euphoria Retreat & Spa in the Peloponnese.

At the Euphoria Retreat & Spa in the Peloponnese you will rebalance your mind, body, and energy for a new start. You will find your inner peace and manage to remove stress and anxiety and release any negative emotions to restore harmony.

### **Day 4 EUPHORIA RESTREAT – MYSTRAS – 2nd night – Euphoria Boost your Energy**

Euphoria Retreat invites you to a calming and restful environment to ground and reconnect with yourself and restore your positive energy. The **Euphoria Boost your Energy program** blends meditative practices and therapies that work specifically on your internal energy flow as to help harmonize your mind and emotions and gentle movement so that your energy is balanced, and you feel a greater sense of reconnection with yourself and your body.

### **Day 5 EUPHORIA RESTREAT – MYSTRAS – 3rd night – Euphoria Boost your Energy**

You can roam around the many facilities in our spa whose spaces have been carefully designed to support your transformational journey and give you an immersive experience.

Boost your Energy programme is bookable with all types of accommodation including breakfast. Half board and/or full board according to guest's wish.

**Day 6 EUPHORIA RESTREAT – MYSTRAS – RETURN TO ATHENS**

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After breakfast departure for the Athens international Airport, to catch the flight back to origin,

**End of services**





**OPTION C' – ATHENS & Euphoria Yoga & Mindfulness - available for 3 or 4 nights stay**



**Day 1 - ATHENS**

Arrival at Athens international Airport, reception from our representative and transfer to your selected hotel in Athens. Rest of the day at your leisure.

**Day 2 - ATHENS – CITY TOUR (H/D)**

After breakfast at the hotel, departure to see the city center, Constitution Square (Syntagma), the Parliament House, the Monument to the Unknown Soldier, the Academy, the University, and the National Library. On the way to the Acropolis you see Hadrian's Arch, the Temple of Olympian Zeus and stop for photos at the Panathenaic Stadium, where the first modern Olympic Games in 1896 took place. At the Acropolis we visit the architectural masterpieces of the Golden Age of Athens: Propylaeum, the temple of Athena Nike, the Erechtheion and, finally, the Parthenon "harmony between matter and spirit", the monument that "puts order in the mind". Duration of the visit approx. 4 hours. Rest of the day free and overnight at your hotel in Athens.

### **Day 3 ATHENS – EUPHORIA RESTREAT – MYSTRAS – 1st night – Euphoria Yoga & Mindfulness**

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After breakfast at the hotel, transfer on private basis from Athens to Mystras to the Euphoria Retreat & Spa in the Peloponnese.

Mindfulness through movement, meditation, and healing practices. Mindfulness is a profound technique for living with heightened awareness and clarity. This Programme blends daily personal yoga sessions, with a basket of other techniques, to bring you the joys of a more mindful way of life.

### **Day 4 EUPHORIA RESTREAT – MYSTRAS – 2nd night – Euphoria Yoga & Mindfulness**

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The peace and natural majesty of the Euphoria Retreat location is an invitation to appreciate life in the present moment. When you combine the mystic energies of the land with an immersive Programme of movement, meditation, breathing techniques and healing practices, the potential for personal empowerment is beautiful.

This Programme centers around private yoga sessions. This practice works on many levels to nurture your physical, mental, and spiritual wellbeing through asanas (postures), pranayama (breathing) and meditation, resulting in improved physical strength and spiritual balance.

### **Day 5 EUPHORIA RESTREAT – MYSTRAS – 3rd night – Euphoria Yoga & Mindfulness**

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These benefits are enhanced with outdoor movement meditation through our pine forest and bodywork treatments that add to an increased connection to your authentic self. It is our express wish that your time at Euphoria Retreat opens you to a soul level too.

Boost your Energy programme is bookable with all types of accommodation including breakfast. Half board and/or full board according to guest's wish.

### **Day 6 EUPHORIA RESTREAT – MYSTRAS – RETURN TO ATHENS**

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After breakfast departure for the Athens international Airport, to catch the flight back to origin,

**End of services**



**OPTION D' – ATHENS & Euphoria Relax & Destress - available for 3 or 4 nights stay**



**Day 1 - ATHENS**

Arrival at Athens international Airport, reception from our representative and transfer to your selected hotel in Athens. Rest of the day at your leisure.

**Day 2 - ATHENS – CITY TOUR (H/D)**

After breakfast at the hotel, departure to see the city center, Constitution Square (Syntagma), the Parliament House, the Monument to the Unknown Soldier, the Academy, the University, and the National Library. On the way to the Acropolis you see Hadrian's Arch, the Temple of Olympian Zeus and stop for photos at the Panathenaic Stadium, where the first modern Olympic Games in 1896 took place. At the Acropolis we visit the architectural masterpieces of the Golden Age of Athens: Propylaeum, the temple of Athena Nike, the Erechtheion and, finally, the Parthenon "harmony between matter and spirit", the monument that "puts order in the mind". Duration of the visit approx. 4 hours. Rest of the day free and overnight at your hotel in Athens.

**Day 3 ATHENS – EUPHORIA RESTREAT – MYSTRAS – 1st night – Euphoria Relax & Destress**

After breakfast at the hotel, transfer on private basis from Athens to Mystras to the Euphoria Retreat & Spa in the Peloponnese.

Relax and Destress Programs help you step away from the pace of your life. We have composed them purposefully to help you relax your body and inspire your spirit. Every stage of our restorative stress relief programme is all about 'renewal' on every level.

**Day 4 EUPHORIA RESTREAT – MYSTRAS – 2nd night – Euphoria Relax & Destress**

Such is the nature of 21st-century living that the pressure to stay afloat means we all too often forget to take time for ourselves. This relaxing and stress relief programme is filled with restorative therapies and Euphoria Retreat signature rituals which allow you the time to properly relax and appreciate your present moment.

We express a desire to nurture you so that you fall in love with life again. Blended treatments to relieve tension in your body with therapies, gentle movement, and meditative practices with a spiritual focus so that your energy is balanced, and you feel a greater sense of calm.



#### **Day 5 EUPHORIA RESTREAT – MYSTRAS – 3rd night – Euphoria Relax & Destress**

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We all know that the more time we take to focus on ourselves, the more profound our results. The longer Programs embrace a wider range of holistic approaches, deeper energy work and emotional transformation sessions, which really help you connect with what is important to you. They also include our innovative Euphoria Nutritional Analysis which helps to personalize the between-meals snacks and smoothies, to support the needs of the body now.

**Relax & Destress programme** is bookable with all types of accommodation including breakfast. Half board and/or full board according to guest's wish.

#### **Day 6 EUPHORIA RESTREAT – MYSTRAS – RETURN TO ATHENS**

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After breakfast departure for the Athens international Airport, to catch the flight back to origin,

**End of services**



## **OPTION E' – ATHENS & Euphoria Wellbeing detox - available for 3 or 4 nights stay**



### **Day 1 - ATHENS**

Arrival at Athens international Airport, reception from our representative and transfer to your selected hotel in Athens. Rest of the day at your leisure.

### **Day 2 - ATHENS – CITY TOUR (H/D)**

After breakfast at the hotel, departure to see the city center, Constitution

Square (Syntagma), the Parliament House, the Monument to the Unknown Soldier, the Academy, the University, and the National Library. On the way to the Acropolis you see Hadrian's Arch, the Temple of Olympian Zeus and stop for photos at the Panathenaic Stadium, where the first modern Olympic Games in 1896 took place. At the Acropolis we visit the architectural masterpieces of the Golden Age of Athens: Propylaeum, the temple of Athena Nike, the Erechtheion and, finally, the Parthenon "harmony between matter and spirit", the monument that "puts order in the mind". Duration of the visit approx. 4 hours. Rest of the day free and overnight at your hotel in Athens.

### **Day 3 ATHENS – EUPHORIA RESTREAT – MYSTRAS – 1st night – Euphoria Wellbeing Detox**

After breakfast at the hotel, transfer on private basis from Athens to Mystras to the Euphoria Retreat & Spa in the Peloponnese.

Relax and Destress Programs help you step away from the pace of your life. We have composed them purposefully to help you relax your body and inspire your spirit. Every stage of our restorative stress relief programme is all about 'renewal' on every level.

### **Day 4 EUPHORIA RESTREAT – MYSTRAS – 2nd night – Euphoria Wellbeing Detox**

Such is the nature of 21st-century living that the pressure to stay afloat means we all too often forget to take time for ourselves. This relaxing and stress relief programme is filled with restorative therapies and Euphoria Retreat signature rituals which allow you the time to properly relax and appreciate your present moment.

We express a desire to nurture you so that you fall in love with life again. Blended treatments to relieve tension in your body with therapies, gentle movement, and meditative practices with a spiritual focus so that your energy is balanced, and you feel a greater sense of calm.

#### **Day 5 EUPHORIA RESTREAT – MYSTRAS – 3rd night – Euphoria Wellbeing Detox**

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We all know that the more time we take to focus on ourselves, the more profound our results. The longer Programs embrace a wider range of holistic approaches, deeper energy work and emotional transformation sessions, which really help you connect with what is important to you. They also include our innovative Euphoria Nutritional Analysis which helps to personalize the between-meals snacks and smoothies, to support the needs of the body now.

**Relax & Destress programme** is bookable with all types of accommodation including breakfast. Half board and/or full board according to guest's wish.

#### **Day 6 EUPHORIA RESTREAT – MYSTRAS – RETURN TO ATHENS**

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After breakfast departure for the Athens international Airport, to catch the flight back to origin,

**End of services**

