

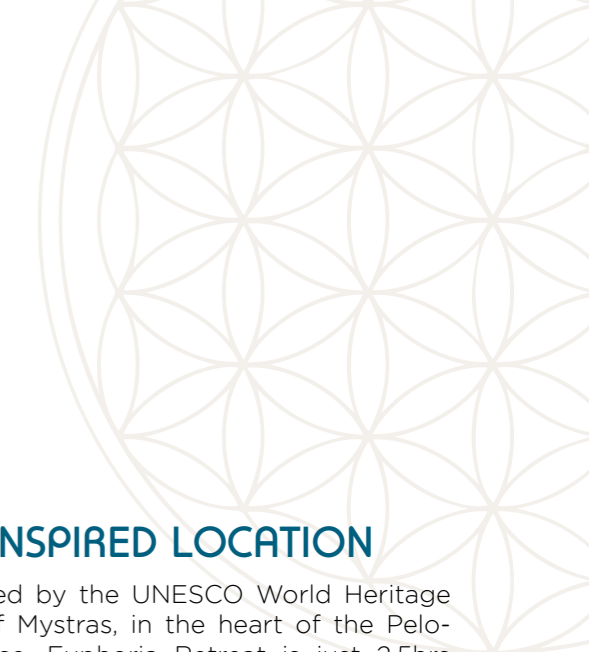
euphoria

RETREAT

A HOLISTIC WELLBEING DESTINATION SPA



Euphoria Retreat is a destination spa that takes guests on a personal journey of transformation in Greece's mythical Peloponnese. From the moment they arrive, guests can look forward to being pampered by staff offering gentle and loving care within the deeply authentic environment of a hotel designed to perfectly blend with its surroundings. A range of innovative treatments, programs and retreats has been designed to encourage self-discovery, revival and - ultimately - **a sense of Euphoria.**



AN INSPIRED LOCATION

Situated by the UNESCO World Heritage Site of Mystras, in the heart of the Peloponnese, Euphoria Retreat is just 2.5hrs from Athens and less than an hour from Kalamata. The rich scenery of Mediterranean mountains, lush valleys and beautifully landscaped grounds inspires an atmosphere of total serenity.

A SEDUCTIVE ESCAPE

All of the mystical energy of Mystras, along with an ambience of Zen minimalism, has been incorporated into the **multi-award winning** architecture and design of the resort. Guests can choose from 45 luxuriously furnished rooms and suites, with views of the Castle of Mystras, a valley of citrus or cypress trees or a private pine forest in the foothills of Mt Taygetus. As well as being equipped with modern comforts, guestrooms have been decorated with warm colours and luscious textiles, inspired by local Byzantine iconography and exclusively designed for Euphoria Retreat.

OUR PHILOSOPHY

Euphoria Retreat offers guests a wellbeing experience through programs and retreats that uniquely blend ancient Greek and Chinese philosophies and healing practices with scientific innovation, therapeutic food and a belief in our inner potential for health and happiness – collectively known as **‘The Euphoria Methodos’**.

The ancient world’s five elements and their related energies find expression and balance within treatments that are personalised by a team of consultants and therapists, according to scientifically-proven testing methods and bespoke healing plans.

• Programs

Detox, Weight loss, Fitness, Yoga & Mindfulness, Relax & Destress and Nutrigenomics etc. (From 3-21 days)

• Signature Retreats

Emotional & Physical Transformation, Spartan Adventure, Ulysses Journey etc. (From 3-7 days)

• Mini Retreats

Self-Awareness through the 5 Elements, Meaningful Relationships etc. (From 3-7 days)

• Treatments

Massage, energy healing, acupuncture, reflexology, theta healing etc.

A SCIENTIFIC APPROACH

Underpinning guest treatments is a personalised phenotypic health intervention based on nutrition and exercise, called 3GL (developed with Preventative Health Care & Wellbeing specialists Eucrasia). At a scientific level, 3GL measures and analyses the body’s level of glutathione, the most important antioxidant cellular protector in our metabolism. In simpler terms, it quantifies the actual needs of the body in fuel, antioxidants and cellular protection to allow treatments to be customised and effective.

HEALING FOOD

All the meals enjoyed within the **GAIA restaurant** are made with seasonal and wholesome ingredients, antioxidant-packed vegetables and spices, and all the essential nutrients of the Mediterranean diet. We are proud to have developed a close relationship with local suppliers and to have revived numerous ancient recipes on the menu.

Our dietary philosophy outlines that regular, smaller meals taken during the day are the optimal way to regulate the precise metabolic needs to detoxify the body, boost metabolism, fight inflammation and reinforce the immune system to support longevity.

THE EUPHORIA SPA

Central to the Euphoria Retreat experience is the landmark spa. Embedded into the mountainside, each of its four levels represents a distinct passage in the transformational journey. From the emblematic Sphere Pool, offering a womb-like experience of rebirth, to the state-of-the-art yoga and fitness rooms, its facilities are specially designed to provide an interplay of light, water and monastic architecture and support the treatments and therapies.

- Waterwell Kneipp Therapy
- Innovative Sphere Pool
- Relaxation Area
- Tepidarium
- Byzantine Hammam
- Finnish Sauna
- Steam Room
- Speleotherapy-Salt Room
- Plunge Pool
- Sanctuary Deprivation Pool
- Men’s & Women’s Infrared Sauna
- Experiential Showers
- Yoga & Meditation Hall
- Pilates & Private Exercise Studio
- Fitness Room





DISCOVERING A SENSE OF EUPHORIA

Euphoria Retreat is the result of a dream to create a sanctuary for people who want to change their state of being – physically and mentally – but who perhaps need the guidance and motivation to do so.

I visited many healing places around the world to acquire the necessary skills and knowledge to fulfil that dream. And each time I was filled with ideas and inspiration, but also a sense that there was something missing – not so much in the amenities and treatments but in the soul of the place.

I discovered that the answer to my quest lay in my Greek heritage. It was the Ancient Greek philosophers that viewed life as joyful, sensual and full of exciting potential for growth and discovery, with individual freedom of choice being a cornerstone of their view. And above all, the sense that we all have the ability to be our own healer.

This is what inspires our healing philosophy and the name Euphoria Retreat, and also transpires in all our programs and in the special soul of Euphoria.

And it is what inspired our motto: **You're life, Your journey.**

Marina Efraimoglou
Founder and CEO

HOW TO REACH US

By plane: Fly to Athens International Airport or Kalamata International Airport.

By car or bus:

- From Athens: 220km (2.5hrs)
- From Kalamata: 103km (50mins)
- From Sparta: 5.2km (10mins)



Your Life. Your Journey.

Contact details:

Mystras 23100, Sparta – Greece

T: (+30) 2731 306 111

Email: reservations@euphoriaretreat.com

www.euphoriaretreat.com

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