

euphoria

RETREAT



FACT SHEET

A HOLISTIC WELLBEING DESTINATION SPA



EUPHORIA RETREAT

A Holistic Wellbeing Destination Spa

EUPHORIA RETREAT is a place of transformation and healing, deeply authentic in its nature and philosophy. Your gateway to self-discovery, revival and EUPHORIA. Situated in Greece's mythical Peloponnese, in the UNESCO World Heritage Site of Mystras.



LOCATION

The authentic character of Euphoria Retreat lies in the unique blending of our healing philosophies with the purity of the land itself, its history and culture.

Located in the heart of the Peloponnese, Euphoria Retreat is just a 2.5 hours' drive from Athens or less than an hour from Kalamata. The majestic complex is nestled in the foothills of mystical Mount Taygetus, surrounded by its own private pine forest and overlooking Sparta and the luscious, fertile valley of the Evrotas River, carpeted with citrus and cypress trees.

The Byzantine city of Mystras, a UNESCO World Heritage Site with an imposing medieval castle, watches over us and the traditional little village on our doorstep, where life goes on much as it has done for the past few centuries. The majesty and monastic tranquility of the setting inspires Euphoria Retreat's authentic architecture, a luxurious, seamless blend of Byzantine art and Zen design. A garden stretches out to the front, with areas dedicated to the five elements and their different energies, while a private forest provides over 78,000 sqm of space for biking, trekking and outdoor classes. Blessed by the temperate Greek climate, you will be offered the opportunity to explore a symbiotic relationship with nature and ultimately with yourself.



OUR PHILOSOPHY

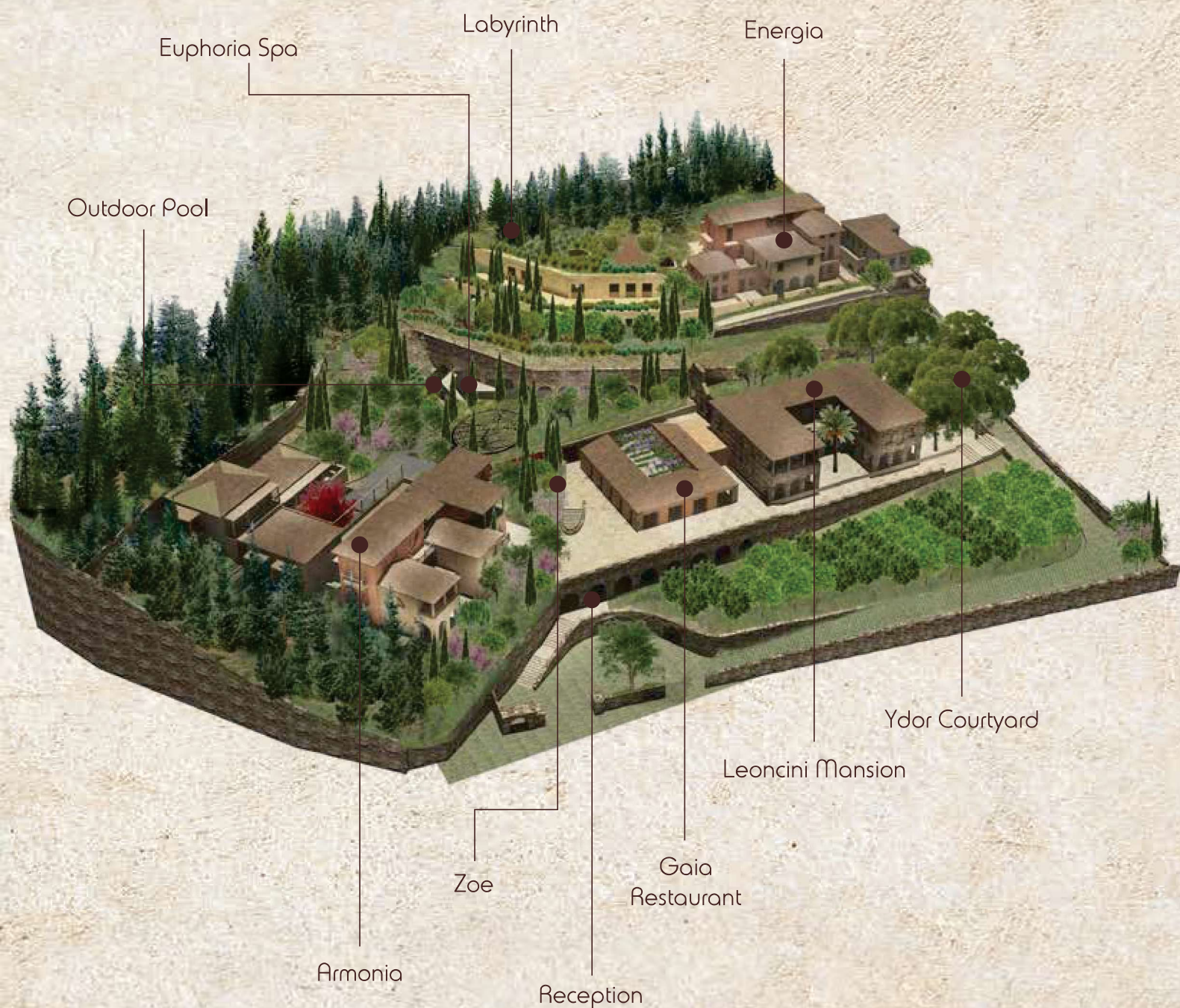
Our healing philosophy and treatments are based on the common ground between two immensely influential philosophies and healing practices, Greek and Chinese. Convergent in their innermost essence, they both share deep historical roots and a common understanding of the cosmos and of human nature.

Staying true to the healing traditions of a country that gave birth to philosophy and the practice of Hippocratic medicine and adopted 'Ef zin' (living well) as its guiding principle, we embrace Ef notion of a balanced life and of a healthy spiritual connection. Central to this ancient tradition were the temples called Asclepieia, what we have come to know today as healing spas. Our holistic philosophy is enriched by the concept of the five elements - water (ydor), wood (air), fire (pyr), earth (gaia) and metal (aether) and their related energies and emotions.

Euphoria Retreat is a place of inspiration for those seeking to live a more balanced and healthy life, change and transform, reconnect with their spiritual self in a way that is closer to their heart and roots.

THE EUPHORIA RETREAT COMPLEX

Euphoria Retreat is a building complex developed around a historic mansion with an illustrious past that has stood since 1830.



EUPHORIA TREATMENT PHILOSOPHY



The ancient Greek and Chinese civilizations observed the cosmos and human organisms and developed philosophies that in detail describe both. Most of the principles of these philosophies have been confirmed by today's science.

Euphoria Retreat stands on these two pillars. The pillar of ancient wisdom that describes how energy flows through the body, how the body is influenced by the cosmos, with clear guidance derived from thousands of years of experiences on how to live a euphoric and healthy life.

And the pillar of modern evidence-based science, providing clear answers on whether something is valuable or not, with information at a biochemical level regarding what is needed to support wellbeing (vitamins, minerals etc) and using medicine to cure and set a safe basis for complementary and alternative therapies.

Both Greek and Chinese medicine form the cornerstone of our philosophy.

EUPHORIA SPA FACILITIES

Four floors of specially appointed treatment rooms offer a wide range of spa therapies and holistic medicine treatments (around 3000m²).



The innovative **Sphere Pool**, with its stone arches, provides, an unusual and utterly relaxing bathing experience as you gently glide from one area to another. The spherical walls are lined with hydrotherapy jets and in-water benches for light massage and relaxation without leaving the water.



The **Relaxation Area**, with its beautiful view across the landscaped gardens, offers the perfect ending to every spa journey. It allows you to fully internalize the benefits of your treatments in order to carry them over into your everyday life.



Once the most famous bath of antiquity, the **Tepidarium's** moderate heat promotes overall wellbeing. The room temperature of between 37°C and 39°C is close to body temperature, with low humidity levels around 20%. Benches, walls and a floor made of marble all radiate pleasant warmth, which relaxes the muscles, helps the body recover from illness and restores your natural immune system.



With its characteristic architectural design elements, including arches and a domed roof, the **Byzantine Hammam** ranks among the most sought after spa experiences. The signature therapies that take place in the hammam incorporate a series of cleansing and rejuvenating treatments that will help detox the body, nourish and rehydrate the skin, and leaving you feeling more beautiful, relaxed and revitalized.

EUPHORIA SPA FACILITIES



The **Waterwell Kneip Therapy**, with its spiral staircase, leads you to contrasting hot and cold footbaths, one of the oldest therapies in the world, often prescribed to reduce pain locally, to increase circulation and support injury recovery. Other benefits of regular use include increased immunity and lymph drainage.



Our state-of-the-art **Fitness Room** features the new generation of Technogym cardio and strength equipment in an area of generous dimensions where you can follow your regular workout programme or consult our trainers for effective guidance.



The **Yoga & Meditation Hall** is designed to generate and maintain a sense of calm and serenity. Professional instructors offer guidance and support as you learn how to achieve focused relaxation, inner balance and mind-body harmony.



Letting go of all the stresses of everyday life is fundamental to any cathartic journey. In the beautifully appointed **Finnish Sauna**, it takes only a few minutes to work up a deep and healthy sweat that provides a release – emotionally as well as physically – as toxins are flushed from your skin and muscles. The dry heat boosts blood flow, allowing you to feel rejuvenated throughout your body and to sleep better than ever.

EUPHORIA SPA FACILITIES



From the dry heat of the sauna, to the invigorating humidity of the **Steam Room**. The benefits are the same, but the choice of treatment is yours - whatever you are more comfortable with. Within minutes, the moist heat will open your sinuses and drive the toxins from the pores of your skin. Especially after a workout, you can feel the tension easing from your muscles to leave you fully relaxed and energised.



The **Speleotherapy-Salt Room** has the added benefit of a salt-water atmosphere which is perfect for cleansing and toning the skin and stimulating your circulation.

A natural disinfectant, salt is antimicrobial, antibacterial and reduces mucus, with dry salt air more powerful than moist air. Treatments affect cell activity, energy and blood sugar levels.



Each dip in the cold-watered **Plunge Pool** will invigorate your body and boost your circulation and cardiovascular health.

A small, deep swimming pool, typically filled with cold water, plunge pools are recommended as you alternate between heat treatments, such as saunas.



Our **Experiential Showers** include several jets that release scented water, creating contrasting shower sensations.

Benefits include stimulating and energizing the body, cooling down after heat treatments, and helping the flow of blood to the skin and internal organs, thereby helping to flush out toxins and closing pores.

ADDITIONAL SPA FACILITIES



Outdoor Pool

Swimming from indoor to outdoor pool through an opening in the wall. Relaxation or exercise under the Mediterranean sky hearing the birdsong and cicadas, viewing the magnificent view of Mystras village and the private forest.

Sanctuary Deprivation Pool

Perhaps the most immersive experience in the Euphoria Retreat Spa, the Sanctuary Deprivation Pool allows complete mental and physical escape in a water temperature that matches that of your body. By reducing all distractions of sound and light, and the addition of just enough salt to allow you to float effortlessly, the Watsu Pool allows you to focus completely on your internal sensations and reach a state of deep meditation and self-reflection.

Men's & Women's Infrared Sauna

The Men's and Women's Infrared Sauna taps into the multiple health benefits of infrared light, using longer wavelength radiation invisible to the naked eye to generate heat and penetrate your body. As well as purifying your skin by releasing toxins, such as heavy metals and chemicals, infrared light therapy can also boost your blood circulation and metabolism, contributing to weight loss and pain relief. A comprehensive programme can even enhance anti-ageing treatments.

Pilates & Private Exercise Studio

Just next to the fitness room, the Pilates & Private Exercise Studio allows you to tailor your exercise needs and home in on achieving your personal goals. You can join group core strengthening Pilates sessions – with a special emphasis on the mind-body connection – or explore aerial yoga and other specialist exercises. Or you can take the time to enjoy private sessions in TRX and other exercise activities of your choice.

ADDITIONAL SPA FACILITIES



Treatment rooms

Cosmetic acupuncture, Hot Stone Massages, Revitalising & Rejuvenating Body Wraps, Slimming & Detox Body Treatments, Signature Aromatherapy Treatments... your path to personal transformation involves so many stages that require hands-on bodywork by skilled practitioners. But, just as important, is the need for an optimised healing environment that allows treatments to successfully penetrate every level of your existence – body, mind and soul.

Each of our 15 treatment rooms – two of them doubles – provides the perfect space and mood for customised therapies and for you to achieve the state of deep relaxation and meditation necessary to emerge completely rebalanced and re-energised.

Men's & Women's Changing Rooms

The inspiring architecture and design of our changing rooms sets the tone for your transformative journey. The domes and curves that give Euphoria Retreat its special mysticism here provide a mood of monastic intimacy and quiet reflection. Feel free to take a long, soothing shower, allowing the full effect of your therapies or exercise to take hold, or gift your body a final reward by taking a sauna.

Hair & Nail Salon

Feeling complete on the inside is also about feeling fabulous on the outside. The Euphoria Retreat Hair & Nail Salon is ready to pamper you with a hair styling or manicure of your choice, so that you can enjoy your evening's entertainment in absolute style.

EUPHORIA PROGRAMMES AND RETREATS

All retreats run on specific dates throughout the year with visiting masters and wellness mentors.



The Euphoria Retreat Spa menu includes a variety of meticulously designed Programmes, Signature Retreats, Signature Mini Retreats, treatments, therapies, wellness consultations and mental coaching sessions that focus on bringing mental, physical and emotional harmony. Euphoria Retreat offers a wide range of massage therapies, signature bodywork experiences, holistic healing practices, pampering face and body treatments, wellness coaching and body and movement fitness activities

PROGRAMMES

- Euphoria Relax & De-stress (3, 5 or 7 days)
- Euphoria Inner & Outer Glow (3, 5 or 7 days)
- Euphoria Fitness (5 or 7 days)
- Euphoria Yoga & Mindfulness (3, 5 or 7 days)
- Euphoria Yoga & Fitness (5 or 7 days)
- Euphoria Weekend Escape (2 days)
- Euphoria Weekend Escape for couples (2 days)
- Euphoria Sensual Journey for couples (3 days)
- Euphoria Advanced Weight Loss (7, 14 or 21 days)

SIGNATURE RETREATS

- Euphoria Emotional & Physical Transformation (7 days)
- Euphoria Intelligent Mediterranean Metabolic Homeostasis Therapy (EIMMOT) (7 days)

MINI RETREATS

- Euphoria Self-Awareness (2 days)
- Euphoria Meaningful Relationships (3 days)

EUPHORIA TREATMENTS

OUR CONSULTATIONS

- Personal Wellbeing Olfactory Session
- Nutritional Guidance
- Wellness Consultation
- Personal Vitality Aroma Test
- Bio-Energetic Testing With Qest 4
- Nutritional Analysis And Assessment
- Transformation Consultation
- Homeopathic Consultation
- Medical And Holistic Consultation

OUR SIGNATURE TREATMENTS

- Euphoria Relaxing Aroma Massage
- Intense Muscular Massage
- Euphoria Inspiring Facial
- Five Element Balancing
- Sanctuary for Busy Minds
- Euphoria Byzantine Hammam Ritual
- Royal Euphoria Bodywork

OUR MASSAGES

- Foot Massage
- Head and Neck Massage
- Scalp and Back Massage
- Lymphatic Drainage
- Deep Tissue Massage
- Detox Cupping Massage
- Reflexology
- Shiatsu
- Hot Stone Massage
- Reflexology with Face Rejuvenation Massage
- Quartz Compress Massage

ENERGY HEALING

- Chakra Balancing Treatment
- Reconnective Healing
- Reiki
- Sacred Geometry Healing

OUR SPECIALISED THERAPIES

- Rejuvance
- Acupuncture
- Cranio Sacral Therapy
- Physiotherapy (upon request)
- Osteopathy (upon request)
- Watsu
- Acupuncture with Reconnective Healing

COSMETIC FACIALS

- Biologique Recherche Skin Instants Lab
- Remodeling Face Machine®
- Biologique Recherche Hydrating Lifting facial
- Biologique Recherche Lifting and Sculpting Face Treatment
- Biologique Recherche Toning and Redifining Treatment
- Soin Vipo2 Oxygénant
- Biologique Recherche Signature Triple Lift Treatment

HYDROTHERAPY

- Personal Bathing Experience
- Euphoria Multi-Sensory Experience

EMOTIONAL GUIDANCE AND HEALING SESSIONS

- Theta Healing
- Energy and Psychic Channeling

EUPHORIA TREATMENTS

BODY TREATMENTS

- Scrub Ritual
(Relax or Energy or Detox)
- Biologique Recherche Anti-C
Slimming Treatment
- Biologique Recherche Algae Slimming
and Detox Body Treatment
- Biologique Recherche Lifting
and Sculpting
- Full Body Treatment
- Mineral Molds for Cellulite,
Detox and Body Toning

BODY MOVEMENT AND FITNESS

INDIVIDUAL TRAINING

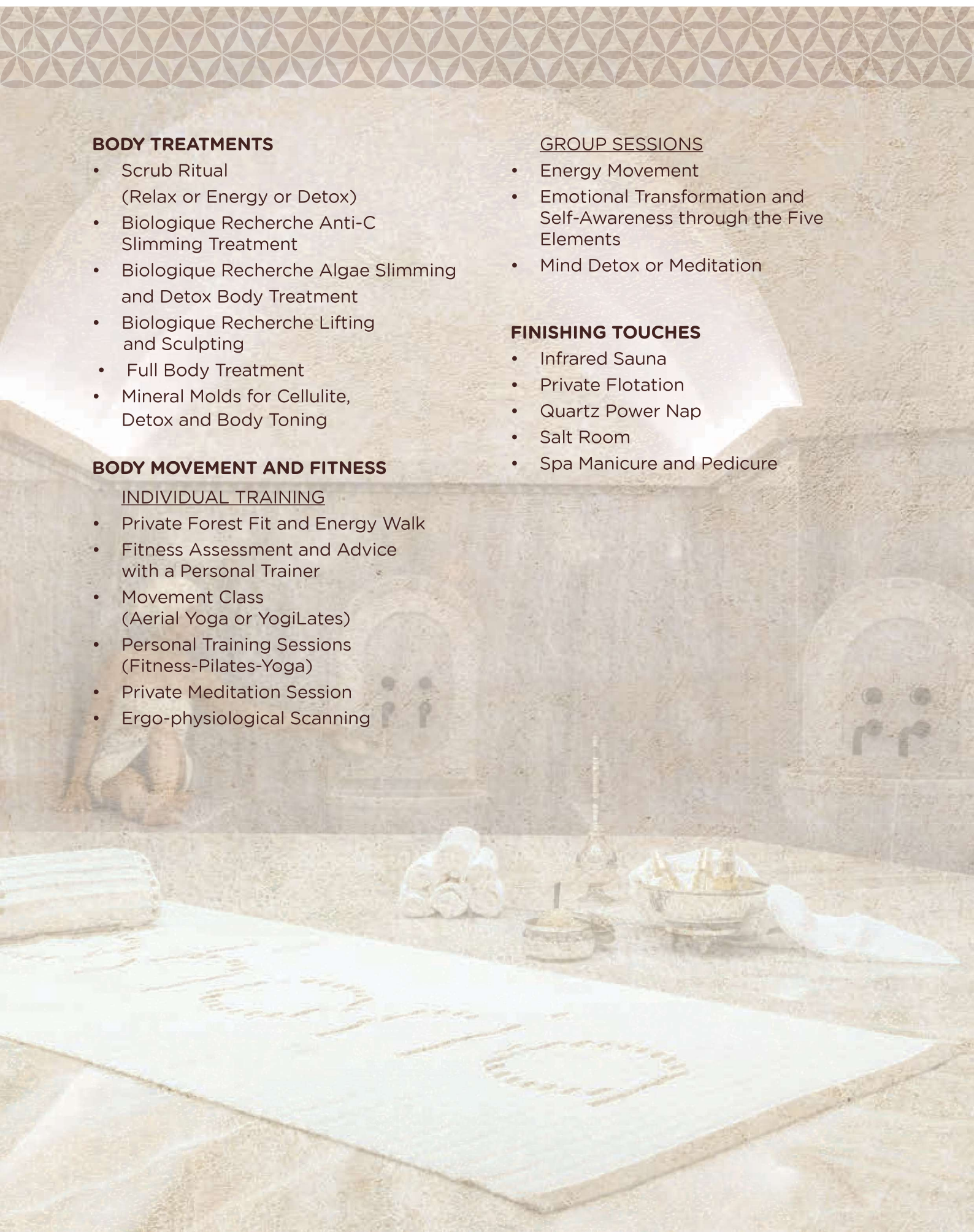
- Private Forest Fit and Energy Walk
- Fitness Assessment and Advice
with a Personal Trainer
- Movement Class
(Aerial Yoga or YogiLates)
- Personal Training Sessions
(Fitness-Pilates-Yoga)
- Private Meditation Session
- Ergo-physiological Scanning

GROUP SESSIONS

- Energy Movement
- Emotional Transformation and
Self-Awareness through the Five
Elements
- Mind Detox or Meditation

FINISHING TOUCHES

- Infrared Sauna
- Private Flotation
- Quartz Power Nap
- Salt Room
- Spa Manicure and Pedicure





ACCOMMODATION

The minimalistic design of Euphoria Retreat features a sense of luxury and elegance that will both inspire and ensure absolute comfort during your stay.

Guests can choose between 45 rooms and suites, enjoying breathtaking views of the famous Mystras Castle and the traditional village of Mystras, or Euphoria Retreat's private forest. All guestrooms are decorated with warm colours and luscious textiles, inspired by the iconography of the Byzantine Empire, exclusively designed for Euphoria Retreat. Fully equipped with the latest technology - including subtle lighting, bioclimatization, underfloor heating and home automation systems - each guestroom has its own distinctive character, respecting the Zen and calming atmosphere of the Euphoria Retreat. Wooden furniture and marble bathrooms offer everything you could wish for during a peaceful and relaxing stay. Accessible rooms are also available.

Amenities and Services (for all guestrooms)

- Smart Full HD flat TV
- Complimentary Wi-Fi Internet connection
- Freestanding hairdryer (2000 WATT)
- Underfloor heating
- Safe Box
- Mini Bar
- Tea making facilities
- Twice-daily housekeeping service
- Pillow menu
- Handmade mattresses
- Bathrobe and slippers
- Euphoria signature bathroom amenities (ancient Greek recipes of herbal therapy and aromatherapy)
- Yoga Mat
- Laundry service
- Iron and ironing board
- Complimentary indoor and/or outdoor parking is offered to all our guests.



ACCOMMODATION

CLASSIC ROOM

The classic guestrooms, occupying an area of 25 to 32 square meters, are decorated in soothing colors, and have designer furniture and luxurious bedding, with the option of a king size bed or twin beds. They come complete with a marble bathroom and a patio or veranda overlooking the estate's gardens.

Number of rooms: 4

SUPERIOR DELUXE ROOM

The Superior Deluxe guestrooms boast an area of 35 to 49 square meters. They have an adjoining seating area, marble or wooden floors, a marble bathroom with shower, and a veranda overlooking the citrus groves and the village of Mystras, or the private forest. They come with either two twin beds, or a small double (130cm) or a Super King Size bed and are fully equipped with modern appliances.

Number of rooms: 17

EXECUTIVE DELUXE ROOM

The Executive Deluxe guestrooms offer an exceptional layout over 42 to 49 square meters, with elegant decoration and designer furniture, and two large twin beds or a Small Double (130cm) or a super king size. With colours that breathe tranquility and serenity, they boast an adjoining sitting area, marble bathrooms with showers or bathtubs, a balcony or terrace with a view of the village of Mystras, marble or wooden floors, latest technology appliances, and fully customizable light fixtures.

Number of rooms: 10



ACCOMMODATION

EUPHORIA JUNIOR SUITE

The Euphoria Junior Suites are truly stylish and spacious, boasting an area of 53 square meters. In a design offering serenity and peace, with sophisticated appliances and modern lightning, they come with large twin beds or a super kingsize bed, a relaxing adjoining living area and a luxurious marble bathroom. The Euphoria Junior Suites feature a balcony with direct view to the citrus groves, the valley and the village of Mystras.

Special amenities and services:

- Body splash aroma

Number of suites: 7

EUPHORIA EXECUTIVE JUNIOR SUITE

The elegant and ultra-luxurious Euphoria Executive Junior Suites boast an area of 55 to 63 square meters, offering a spacious layout. Serenity and tranquility prevail, thanks to the soothing colours, Zen minimalism and Byzantine-inspired design. They have an adjoining bedroom with a choice of two large twin beds or a super kingsize bed or small double (130cm). They also feature a luxury marble bathroom, with shower or tub, and a private veranda or balcony with direct views to the citrus groves and village of Mystras.

Special amenities and services:

- Body splash aroma

Number of suites: 4



ACCOMMODATION

MYSTRAS SUITES

The exclusive Mystras Suites, boasting an area of 55 to 67 square meters, offer a spacious and elegant setting, with a separate wooden-floor bedroom with large twin beds or a super kingsize bed, a living room and a luxurious onyx marble bathroom featuring a Custom Steam Shower and Body Splash aroma.

The Mystras Suites exude a sense of subtle luxury with designer furniture, incredible decoration and art, beautiful bedding and textiles and warm colours. They feature a private veranda and terrace with direct views of the beautiful citrus valley and the traditional village of Mystras.

Special amenities and services:

- Body splash aroma

Number of suites: 2

BYZANTIUM GRAND SUITE

The majestic Byzantium Grand Suite of Euphoria Retreat, boasting an impressive area of 100 square meters, exudes status and luxury and is specially designed for those who want absolute privacy. The Byzantium Grand Suite consists of two separate wooden-floor bedrooms with one super kingsize bed and one with double bed, a spacious living room and two luxurious marble bathrooms, one with a Custom Steam Shower.

The private veranda offers a panoramic view of the estate, the citrus valley, the village, and the private forest. The Byzantine Grande Suite has its own private garden with a dining table and a California cedar hot tub. Sit back and unwind, breathing in the fresh air and the scent of the pine trees of the private forest, overlooked by Mystras' Byzantine castle.

The Byzantium Grand Suite provides a dedicated concierge service for its guests, ensuring an exclusive, personalized stay. It has unique art pieces, luscious bedding and textiles and designer furniture.

Byzantium Grand Suite amenities and services

- Dedicated concierge service
- Body splash aroma

Number of suites: 1

THE "GAIA" RESTAURANT



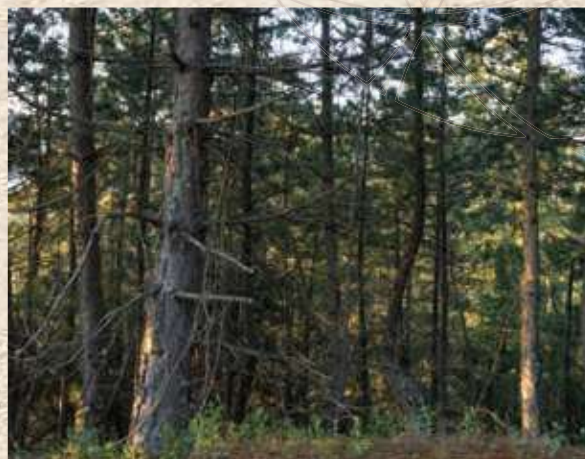
Euphoria Retreat's 'GAIA' restaurant complements the spa experience with healing food that will keep you mentally alert and energetic throughout your stay. A specially designed menu restores the optimal function of digestion, allowing our cleansing treatments to reach their fullest effect. Prepared daily, our dishes are inspired by Greek and Mediterranean cuisine, using healthy, wholesome natural ingredients, fresh herbs, antioxidant-packed spices and essential nutrients.

The concept of creating dishes that balance all key flavours is to create an unforgettable gastronomic experience, but also to detoxify the body, boost metabolism, fight inflammation and reinforce the immune system, at the same time as satisfying all your senses. A private dining area is also available for exclusive use in the Leoncini Mansion.

Euphoria Retreat's bar offers fresh and healthy drinks, smoothies and light alcohol.

DAILY ACTIVITIES

A wide range of complimentary daily group wellness activities and workshops aim to gently restore body, mind and soul and enhance your transformational journey.



- **Yoga**
- **Morning walks and treks on Mt Taygetus**
- **Functional fitness**
- **TRX**

- **Pilates**
- **Tai Chi**
- **Meditation**
- **Mat Pilates**

EXCURSIONS

EXCURSIONS & CULTURAL TOURS

to historic landmarks such as Ancient Messene, Mycenae and Monemvasia, Diros Cave and Gytheio all within a couple of hours' driving time.



VISITING THE SEA

for boat trips to nearby islands (including a yachting experience to Elafonisos), swimming and other health and fitness-related coastal activities.

OUTDOOR ACTIVITIES,

including mountain trekking & fitness activities on foot on Mt Taygetus, part of the E4 European hiking route.



- MYSTRAS CASTLE
- CLIMBING
- DIROS CAVE
- ROCK CLIMBING
- SWIMMING



POLICIES & GENERAL INFORMATION

POLICIES

- **Check-in at 3pm - Check-out at 12pm:** Optional early check-in or late check-out, based on availability, upon request and at a surcharge.
- **Wi-Fi access:** Complimentary Wi-Fi is available only in the guestrooms, hotel reception and lobby, spa reception and meeting rooms, based on our principle and culture of creating a space where tranquility and silence prevail.
- **Mobile:** Mobiles are not allowed in Spa area and Gaia Restaurant.
- **Children:** In order to maintain a peaceful and relaxing environment for all guests, you are kindly informed that we welcome children over 14 years old.
- **Pets:** In order to maintain a peaceful and relaxing environment for all guests, you are kindly informed that pets are not allowed.
- **Smoking:** Euphoria Retreat is a Non Smoking property, following its philosophy and mission to show people a healthier, balanced and more holistic way of life.
- **Alcohol:** We suggest an alcohol-free experience/stay that will help you detoxify and leave you more balanced and energetic. Therefore, alcohol is not available within guestroom mini bars. However, limited/light alcohol is served in our main Bar and Gaia Restaurant.
- **Coffee:** For the same reason, coffee is not recommended. As an alternative we offer a variety of teas and other natural healthy herbal infusions. Only specific types of coffee will be offered upon request.
- **Parking:** Complimentary indoor and/or outdoor parking is offered to all our guests.
- **Dress code:** Casual chic is suggested for the Gaia restaurant, Reception Lobby and common/ public areas. Bathrobe, swimming suit and slippers are appropriate for our Spa areas and swimming pools.

WEATHER

The weather is mild throughout the year, with a pleasant winter, mostly accompanied by a sunny sky. Spring and autumn are very colourful periods, with flowers and falling leaves. Greek summers are known for their excellent weather and high temperatures.

Euphoria Retreat is open all year round.

HOW TO REACH US



BY PLANE:

Fly to Athens International
Airport or Kalamata
International Airport

DISTANCE:

220km from Athens
103km from Kalamata
5.2km from Sparta

BY CAR OR BUS:

~2.5 hours' drive from Athens
or ~50 minutes' drive from
Kalamata