



EUPHORIA WELLBEING DETOX - 3, 5, 7 days

Live lighter on all levels: physically, mentally and emotionally.

If you're looking for a vitality boost, this is the Programme for you. We use our Nutritional Analysis and Assessment (3GL) to determine your meal plan that can effectively cleanse your body and adjust your metabolism. We blend our unique nutritional approach with a broad mix of therapies to support your body's natural detoxification process resulting in higher levels of energy and happiness.

When we detoxify our physical body, and support this with practices to clear our mind, we experience great shifts in how we feel: more dynamic and enthusiastic for life.

Our comprehensive Wellbeing Detox Programme blends spa treatments that help your body release toxins, such as infrared sauna, body wraps, cupping massage and our signature 5 Element Balancing Treatment, with our own unique nutritional approach aimed at giving you an appropriate anti-oxidant-rich diet to increase your metabolism.

Following our Nutritional Analysis and Assessment (3GL), via a patented blood test, that measures the body's levels of glutathione, an anti-oxidant made in the body, we can determine your anti-oxidant needs. We can then design your personal eating plan to support your elimination process. Unlike many detox regimes, you will receive five meals a day, each carefully considered so that you will not go hungry. Our philosophy for more vitality centres around boosting metabolism rather than cutting calories.

You will also enjoy gentle forms of energy work, meditative practices and our signature treatments with a spiritual focus. This all brings mental and emotional support to your physical cleansing. The result is an overall feeling of rejuvenation and internal balance. Importantly you will leave Euphoria Retreat mentally stronger and better able to modify any previous 'bad' habits.

During our 7-day Programme the repetition of some treatments gives even greater efficiency to the detoxifying process building a long term, resilient immune system.

3 DAYS WELLBEING DETOX INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
NUTRITIONAL GUIDANCE	30	1
WELLNESS CONSULTATION	30	1



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RETREAT

SCRUB RITUAL (RELAX OR ENERGY OR DETOX)	50	1
5 ELEMENT BALANCING	50	1
EUPHORIA MULTI-SENSORY EXPERIENCE	25	1
DETOX CUPPING MASSAGE	50	1
INFARED SAUNA	20	1
SALT ROOM SESSION	20	1
GROUP MIND DETOX OR MEDITATION	45	1
		10
PER PERSON COST		765 €

5 DAYS WELLBEING DETOX INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
EUPHORIA FEEDBACK	25	1
NUTRITIONAL GUIDANCE	30	1
WELLNESS CONSULTATION	55	1
BIOLOGIQUE RECHERCHE ALGAE SLIMMING & DETOX BODY TREATMENT	80	1
5 ELEMENT BALANCING	50	1
EUPHORIA MULTI-SENSORY EXPERIENCE	25	1
REFLEXOLOGY OR SHIATSU	50	1
DETOX CUPPING MASSAGE	50	1
INFARED SAUNA	20	2
SALT ROOM SESSION	20	2
GROUP MIND DETOX OR MEDITATION	45	1
		14
PER PERSON COST		1165 €

7 DAYS WELLBEING DETOX INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
MEDICAL & HOLISTIC CONSULTATION WITH BIOFEEDBACK PROFILING	85	1
EUPHORIA FEEDBACK	25	1
NUTRITIONAL GUIDANCE	30	1
NUTRITIONAL GUIDANCE (FOLLOW UP)	30	1
ERGO-PHYSIOLOGICAL SCANNING	20	1
BIOLOGIQUE RECHERCHE ALGAE SLIMMING & DETOX BODY TREATMENT	80	1
MINERAL MOLDS FOR CELLULITE, DETOX AND BODY TONING	120	1



5 ELEMENT BALANCING	50	2
EUPHORIA MULTI-SENSORY EXPERIENCE	25	2
REFLEXOLOGY OR SHIATSU	50	1
DETOX CUPPING MASSAGE	50	2
INFARED SAUNA	20	3
SALT ROOM SESSION	20	3
GROUP MIND DETOX OR MEDITATION	45	1
EMOTIONAL ASPECTS OF HEALTH AND WEIGHT (GROUP WORKSHOP)	150	1
		23
PER PERSON COST		2205 €

OUR GIFT TO YOU

You are welcome to spend as much time as you like enjoying our beautiful and extensive facilities spread over the four floors of our Spa: outdoor and indoor pools leading to the meditative experience of our Sphere Pool with hydrotherapy; the Tepidarium with steam baths, Finnish sauna, cold plunge and ice mists; the Waterwell with Kneipp Walk Therapy and indoor and outdoor relaxation and recreation spaces.

Your Programme includes two healthy snacks. We also offer herbal teas and water infusions.

We hold different complimentary, daily activities such as lectures, morning hikes, and a Technogym-equipped gym with TRX. Our roster of activities includes yoga, mat Pilates, energy movement and fit walks.



EUPHORIA ADVANCED WEIGHT LOSS - 7, 10, 14, 21 days

A sophisticated approach to weight loss for the long term.

Euphoria Retreat's Advanced Weight Loss Programme does not rely on cutting calories but rather boosting your metabolic efficiency using even more assessment tools for an accurate reading of your body's fuel needs and energetic activity. We then tailor your Programme – with food plans, exercise and nurturing treatments, so that you not only lose weight but also change your body's metabolism so that it stays off in the long term.

This Programme offers a scientifically detailed and successful approach to weight loss based on our own experts' research in collaboration with the University of Thessaly in Greece, in which we test up to 50 of the most important bio markers of metabolism homeostasis.

Our Advanced Weight Loss Programme uses a special 3GL blood analysis which measures glutathione and glucose plus our Ergo Physiology test which assesses your metabolic rate via breath. This device allows us to measure your 'respiratory re-equilibrium' that reveals how many calories your body uses at different heart rates, from rest to exertion, based on a ratio between the inhalation of oxygen and the exhalation of carbon dioxide. It even reveals the origin of these calories from either carbohydrates, proteins, or fat.

All this information contributes to a deep understanding of the most efficient macro nutrients for your body's energy needs, even while resting. This is broken down in the ratio of carbohydrate, proteins and fats – via hormones, cortisol and insulin – that we prescribe in your meals, and the frequency of them. At the same time, we ensure you don't ever go hungry. We are aiming to boost metabolism, rather than cut calories, for optimum weight loss.

We want you to maintain a new lower weight and change your cause of gaining weight by triggering and resetting your metabolism for the long term.

This Programme is filled with relaxing treatments, with our signature, spiritual focus, together with the appropriate forms of exercise for you to accelerate your metabolic burning activity, in other words, to encourage and support a sustained loss of weight.

Our team of experts will advise you and be with you throughout your Programme. You will have a monthly nutrition plan consultation by phone or Teleconference, plus email contact for the following two months, after which you will have the opportunity to book a final consultation with our doctors.



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RETREAT

7 DAYS ADVANCED WEIGHT LOSS INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
MEDICAL & HOLISTIC CONSULTATION WITH BIOFEEDBACK PROFILING	85	1
EUPHORIA FEEDBACK	25	1
NUTRITIONAL GUIDANCE	30	1
NUTRITIONAL GUIDANCE (FOLLOW UP)	30	1
COMPOSITE EXCLUSIVE INNOVATIVE BLOOD PANEL:		1
1 HORMONAL, BIOCHEMICAL SCANNING		
2 CELLULAR STRESS SCANNING		
3 FULL LIVER BLOOD COUNT SCANNING (7 PARAMETRES)		
4 HORMONAL BLOOD SCANNING OF GLUCOSE MANAGEMENT (6 PARAMETRES)		
ERGO PHYSIOLOGICAL SCANNING. DETECTS RQ INDEX, METABOLIC RATES, RESPIRATORY CONDITIONS, ETC	20	1
BIOLOGIQUE RECHERCHE ANTI- C SLIMMING PROGRAM	80	1
MINERAL MOLDS FOR CELLULITE, DETOX AND BODY TONING	120	1
ACUPUNCTURE	50	2
BIOLOGIQUE RECHERCHE ALGAE SLIMMING & DETOX BODY TREATMENT	80	1
INFRARED SAUNA	20	2
DETOX CUPPING MASSAGE	50	1
SALT ROOM SESSION	20	1
5 ELEMENT BALANCING	50	1
GROUP MIND DETOX OR MEDITATION	45	1
TRANSFORMATION CONSULTATION	55	1
PERSONAL TRAINING SESSION	60	2
EMOTIONAL ASPECTS OF HEALTH AND WEIGHT BALANCE (GROUP WORKSHOP)	150	1
TWO MONTHS FOLLOW UP ON PERSONALISED INTERNET PLATFORM		1
SCIENTIFIC SUPERVISION FOR ADVANCED WEIGHT LOSS		1



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RETREAT

		24
PER PERSON COST		3332 €

10 DAYS ADVANCED WEIGHT LOSS INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
MEDICAL & HOLISTIC CONSULTATION WITH BIOFEEDBACK PROFILING	85	1
EUPHORIA FEEDBACK	25	1
NUTRITIONAL GUIDANCE	30	1
NUTRITIONAL GUIDANCE (FOLLOW UP)	30	1
COMPOSITE EXCLUSIVE INNOVATIVE BLOOD PANEL:		1
1 HORMONAL, BIOCHEMICAL SCANNING		
2 CELLULAR STRESS SCANNING		
3 FULL LIVER BLOOD COUNT SCANNING (7 PARAMETRES)		
4 HORMONAL BLOOD SCANNING OF GLUCOSE MANAGEMENT (6 PARAMETRES)		
ERGO PHYSIOLOGICAL SCANNING. DETECTS RQ INDEX, METABOLIC RATES, RESPIRATORY CONDITIONS, ETC	20	1
BIOLOGIQUE RECHERCHE ANTI- C SLIMMING PROGRAM	80	2
MINERAL MOLDS FOR CELLULITE, DETOX AND BODY TONING	120	2
ACUPUNCTURE	50	2
BIOLOGIQUE RECHERCHE ALGAE SLIMMING & DETOX BODY TREATMENT	80	1
INFRARED SAUNA	20	2
DETOX CUPPING MASSAGE	50	1
MUSCLE AND TENSION RELEASE MASSAGE	50	1
SALT ROOM SESSION	20	1
5 ELEMENT BALANCING	50	2
GROUP MIND DETOX OR MEDITATION	45	1
TRANSFORMATION CONSULTATION	55	1
PERSONAL TRAINING SESSION	60	3
EMOTIONAL ASPECTS OF HEALTH AND WEIGHT BALANCE (GROUP WORKSHOP)	150	1



TWO MONTHS FOLLOW UP ON PERSONALISED INTERNET PLATFORM		1
SCIENTIFIC SUPERVISION FOR ADVANCED WEIGHT LOSS		1
		29
PER PERSON COST		4080 €

14 DAYS ADVANCED WEIGHT LOSS INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
MEDICAL & HOLISTIC CONSULTATION WITH BIOFEEDBACK PROFILING	85	1
EUPHORIA FEEDBACK	25	1
NUTRITIONAL GUIDANCE	30	2
NUTRITIONAL GUIDANCE (FOLLOW UP)	30	1
MEDICAL & HOLISTIC CONSULTATION (FOLLOW UP)	55	1
COMPOSITE EXCLUSIVE INNOVATIVE BLOOD PANEL:		1
1 HORMONAL, BIOCHEMICAL SCANNING		
2 CELLULAR STRESS SCANNING		
3 FULL LIVER BLOOD COUNT SCANNING (7 PARAMETRES)		
4 HORMONAL BLOOD SCANNING OF GLUCOSE MANAGEMENT (6 PARAMETRES)		
ERGO PHYSIOLOGICAL SCANNING. DETECTS RQ INDEX, METABOLIC RATES, RESPIRATORY CONDITIONS, ETC	20	1
BIOLOGIQUE RECHERCHE ANTI- C SLIMMING PROGRAM	80	2
MINERAL MOLDS FOR CELLULITE, DETOX AND BODY TONING	120	2
ACUPUNCTURE	50	4
BIOLOGIQUE RECHERCHE ALGAE SLIMMING & DETOX BODY TREATMENT	80	2
INFRARED SAUNA	20	4
DETOX CUPPING MASSAGE	50	2
MUSCLE AND TENSION RELEASE MASSAGE	50	1
SALT ROOM SESSION	20	2
5 ELEMENT BALANCING	50	2
GROUP MIND DETOX OR MEDITATION	45	2



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TRANSFORMATION CONSULTATION	55	2
PERSONAL TRAINING SESSION	60	3
EMOTIONAL ASPECTS OF HEALTH AND WEIGHT BALANCE (GROUP WORKSHOP)	150	1
TWO MONTHS FOLLOW UP ON PERSONALISED INTERNET PLATFORM		1
SCIENTIFIC SUPERVISION FOR ADVANCED WEIGHT LOSS		1
		40
PER PERSON COST		5138 €

21 DAYS ADVANCED WEIGHT LOSS INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
MEDICAL & HOLISTIC CONSULTATION WITH BIOFEEDBACK PROFILING	85	1
EUPHORIA FEEDBACK	25	1
NUTRITIONAL GUIDANCE	30	2
NUTRITIONAL GUIDANCE (FOLLOW UP)	30	1
MEDICAL & HOLISTIC CONSULTATION (FOLLOW UP)	55	1
COMPOSITE EXCLUSIVE INNOVATIVE BLOOD PANEL:		1
1 HORMONAL, BIOCHEMICAL SCANNING		
2 CELLULAR STRESS SCANNING		
3 FULL LIVER BLOOD COUNT SCANNING (7 PARAMETRES)		
4 HORMONAL BLOOD SCANNING OF GLUCOSE MANAGEMENT (6 PARAMETRES)		
EUPHORIA BASIC METABOLIC BLOOD COUNT (FOLLOW UP)		1
ERGO PHYSIOLOGICAL SCANNING. DETECTS RQ INDEX, METABOLIC RATES, RESPIRATORY CONDITIONS, ETC	20	1
BIOLOGIQUE RECHERCHE ANTI-C SLIMMING PROGRAMME	80	3
MINERAL MOLDS FOR CELLULITE, DETOX AND BODY TONING	120	3
ACUPUNCTURE	50	6
BIOLOGIQUE RECHERCHE ALGAE SLIMMING & DETOX BODY TREATMENT	80	2
INFRARED SAUNA	20	4
DETOX CUPPING MASSAGE	50	4



MUSCLE AND TENSION RELEASE MASSAGE	50	1
SALT ROOM SESSION	20	3
5 ELEMENT BALANCING	50	3
GROUP MIND DETOX OR MEDITATION	45	3
TRANSFORMATION CONSULTATION	55	3
PERSONAL TRAINING SESSION	60	5
EMOTIONAL ASPECTS OF HEALTH AND WEIGHT BALANCE (GROUP WORKSHOP)	150	2
TWO MONTHS FOLLOW UP ON PERSONALISED INTERNET PLATFORM		1
SCIENTIFIC SUPERVISION FOR ADVANCED WEIGHT LOSS		1
		54
PER PERSON COST		6888 €

OUR GIFT TO YOU

You are welcome to spend as much time as you like enjoying our beautiful and extensive facilities spread over the four floors of our Spa: outdoor and indoor pools leading to the meditative experience of our Sphere Pool with hydrotherapy; the Tepidarium with steam baths, Finnish sauna, cold plunge and ice mists; the Waterwell with Kneipp Walk Therapy and indoor and outdoor relaxation and recreation spaces.

Your Programme includes two healthy snacks. We also offer herbal teas and water infusions.

We hold different, complimentary daily activities such as lectures, morning hikes, and a Technogym-equipped gym with TRX. Our roster of activities includes yoga, mat Pilates, energy movement and fit walks.



EUPHORIA RETREAT SIGNATURE NUTRIGENOMICS - 7, 14, 21 days

Our unique and advanced Programme for influencing genetic expression and improving your longevity.

The pinnacle of all our detox and weight loss Programmes, Nutrigenomics can alter the course of your health with a highly medical approach combining the specialisms of our doctors with expertise in metabolism. Thanks to our team's creation and interpretation of the most accurate analysis of metabolism available via blood, and our subsequent nutritional and exercise protocols, treatments and on-going support, you can fundamentally influence your genetic expression for increased life expectancy.

Euphoria Retreat's Signature Nutrigenomics Programme is more than a diet and nutrition Programme. Our extensive testing measures the influence of your lifestyle and nutritional habits in the expression of your genetic code.

Alongside your innovative blood panel (after a 12-hour fast), which measures 200 parameters, we also create a metabolic map from a cell culture, which allows assessment of your cellular respiration, gut flora, your general detoxification and how you metabolise macro and micro nutrients.

All this informs our experts' understanding of how chemical reactions take place on a cellular level in your body so they can ascertain which molecules, i.e. which macro and micro substances, are needed for your optimal metabolism; and for positive influence on your genetic expression.

This is a life-changing approach, which, at a scientific level, goes right to the core of the nucleus of the cell, to fundamentally change your health.

It will take three days to get your clinical test results from your advanced blood panel and Ergo Physiology breathing assessment, which measures the ratio between your inhalation of oxygen and exhalation of carbon dioxide to reveal how your body burns calories at different heart rates. You will then meet with our molecular nutritionist and specialist in internal medicine and metabolism who will create the best nutritional plan for your type of metabolism, based on all the above.

You will also enjoy many supportive and detoxifying body treatments, psychosomatic and meditative therapies, that are core to our concept, and a bespoke exercise approach to encourage positive healing and real change on both a physical and emotional level.



Our team of experts will advise you and be with you throughout your Programme. You will also have follow-up consultations, every month for three months after your stay, by phone or Teleconference, plus email support, with our nutritionist and doctors. You can then book a final consultation with one of our doctors.

7 DAYS NUTRIGENOMICS INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
MEDICAL & HOLISTIC CONSULTATION WITH BIOFEEDBACK PROFILING	85	1
EUPHORIA FEEDBACK (FINAL CONSULTATION)	25	1
NUTRITIONAL GUIDANCE	30	1
NUTRITIONAL GUIDANCE (FOLLOW UP)	70	1
COMPOSITE EXCLUSIVE INNOVATIVE BLOOD PANEL:		1
1 FULL HORMONAL BLOOD SCANNING OF GLUCOSE MANAGEMENT (9 PARAMETRES)		
2 CELLULAR STRESS SCANNING		
3 METABOLOMIC ANALYSIS 110 METABOLITES FACTORS		
4 FULL BIOCHEMICAL BLOOD COUNT - TRACES & MINERALS (6 PARAMETRES)		
5 FULL LIVER BLOOD COUNT SCANNING (7 PARAMETRES)		
ERGO PHYSIOLOGICAL SCANNING. DETECTS RQ INDEX, METABOLIC RATES, RESPIRATORY CONDITIONS, ETC	20	1
CONSULTATION WITH OUR MOLECULAR NUTRITIONIST AND EXPERT PATHOLOGIST	60	1
BIOLOGIQUE RECHERCHE LIFTING AND SCULPTING FULL BODY TREATMENT	80	1
BIOLOGIQUE RECHERCHE ALGAE SLIMMING & DETOX BODY TREATMENT	80	2
BIOLOGIQUE RECHERCHE HYDRATING LIFTING FACIAL WITH REMODELLING FACE MACHINE	90	1
INFRARED SAUNA	20	2
MUSCLE AND TENSION RELEASE MASSAGE	50	1
5 ELEMENT BALANCING	50	2
PERSONAL TRAINING SESSION	60	2
GROUP MIND DETOX OR MEDITATION	45	2
THETA HEALING	80	1



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TRANSFORMATION CONSULTATION	55	1
ACUPUNCTURE WITH RECONNECTIVE HEALING	50	1
EMOTIONAL ASPECTS OF HEALTH AND WEIGHT BALANCE (GROUP WORKSHOP)	150	1
THREE MONTHS FOLLOW UP ON PERSONALISED INTERNET PLATFORM		1
SCIENTIFIC SUPERVISION ON NUTRIGENOMICS		1
		27
PER PERSON COST		4361 €

14 DAYS NUTRIGENOMICS INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
MEDICAL & HOLISTIC CONSULTATION WITH BIOFEEDBACK PROFILING	85	1
EUPHORIA FEEDBACK	25	1
NUTRITIONAL GUIDANCE	30	2
NUTRITIONAL GUIDANCE (FOLLOW UP)	70	1
MEDICAL & HOLISTIC CONSULTATION (FOLLOW UP)	55	1
WELLNESS CONSULTATION (FOLLOW UP)	55	1
COMPOSITE EXCLUSIVE INNOVATIVE BLOOD PANEL:		1
1 FULL HORMONAL BLOOD SCANNING OF GLUCOSE MANAGEMENT (9 PARAMETRES)		
2 CELLULAR STRESS SCANNING		
3 METABOLOMIC ANALYSIS 110 METABOLITES FACTORS		
4 FULL BIOCHEMICAL BLOOD COUNT – TRACE ELEMENTS & MINERALS (6 PARAMETRES)		
5 FULL LIVER BLOOD COUNT SCANNING (7 PARAMETRES)		
ERGO PHYSIOLOGICAL SCANNING. DETECTS RQ INDEX, METABOLIC RATES, RESPIRATORY CONDITIONS, ETC	20	1
CONSULTATION WITH MOLECULAR NUTRITIONIST AND EXPERT PATHOLOGIST	60	1
BIOLOGIQUE RECHERCHE LIFTING AND SCULPTING FULL BODY TREATMENT	80	2
SIGNATURE ROYAL EUPHORIA BODYWORK	80	1
BIOLOGIQUE RECHERCHE ALGAE SLIMMING & DETOX BODY TREATMENT	80	3



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BIOLOGIQUE RECHERCHE HYDRATING LIFTING FACIAL WITH REMODELLING FACE MACHINE	90	2
INFRARED SAUNA	20	4
MUSCLE AND TENSION RELEASE MASSAGE	50	2
5 ELEMENT BALANCING	50	3
PERSONAL TRAINING SESSION	60	4
GROUP MIND DETOX OR MEDITATION	45	4
THETA HEALING	80	1
TRANSFORMATION CONSULTATION	55	2
ACUPUNCTURE WITH RECONNECTIVE HEALING	50	1
EMOTIONAL ASPECTS OF HEALTH AND WEIGHT BALANCE (GROUP WORKSHOP)	150	1
THREE MONTHS FOLLOW UP ON PERSONALISED INTERNET PLATFORM		1
SCIENTIFIC SUPERVISION NUTRIGENOMICS		1
		43
PER PERSON COST		6132 €

21 DAYS NUTRIGENOMICS INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
MEDICAL & HOLISTIC CONSULTATION WITH BIOFEEDBACK PROFILING	85	1
EUPHORIA FEEDBACK	25	1
NUTRITIONAL GUIDANCE	30	2
NUTRITIONAL GUIDANCE (FOLLOW UP)	70	1
MEDICAL & HOLISTIC CONSULTATION (FOLLOW UP)	55	1
WELLNESS CONSULTATION (FOLLOW UP)	55	1
COMPOSITE EXCLUSIVE INNOVATIVE BLOOD PANEL:		1
1 FULL HORMONAL BLOOD SCANNING OF GLUCOSE MANAGEMENT (9 PARAMETRES)		
2 CELLULAR STRESS SCANNING		
3 METABOLOMIC ANALYSIS 110 METABOLITES FACTORS		
4 FULL BIOCHEMICAL BLOOD COUNT – TRACE ELEMENTS & MINERALS (6 PARAMETRES)		



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5 FULL LIVER BLOOD COUNT SCANNING (7 PARAMETERS)		
EUPHORIA BASIC METABOLIC BLOOD COUNT (FOLLOW UP)		1
ERGO PHYSIOLOGICAL SCANNING. DETECTS RQ INDEX, METABOLIC RATES, RESPIRATORY CONDITIONS, ETC	20	1
CONSULTATION WITH MOLECULAR NUTRITIONIST AND EXPERT PATHOLOGIST	60	1
BIOLOGIQUE RECHERCHE LIFTING AND SCULPTING FULL BODY TREATMENT	80	2
SIGNATURE ROYAL EUPHORIA BODYWORK	80	1
BIOLOGIQUE RECHERCHE ALGAE SLIMMING & DETOX BODY TREATMENT	80	4
BIOLOGIQUE RECHERCHE HYDRATING LIFTING FACIAL WITH REMODELLING FACE MACHINE	90	3
INFRARED SAUNA	20	6
MUSCLE AND TENSION RELEASE MASSAGE	50	3
5 ELEMENT BALANCING	50	4
PERSONAL TRAINING SESSION	60	6
GROUP MIND DETOX OR MEDITATION	45	6
THETA HEALING	80	2
TRANSFORMATION CONSULTATION	55	3
ACUPUNCTURE WITH RECONNECTIVE HEALING	50	2
EMOTIONAL ASPECTS OF HEALTH AND WEIGHT BALANCE (GROUP WORKSHOP)	150	2
THREE MONTHS FOLLOW UP ON PERSONALISED INTERNET PLATFORM		1
SCIENTIFIC SUPERVISION NUTRIGENOMICS		1
		58
PER PERSON COST		7791 €

OUR GIFT TO YOU

You are welcome to spend as much time as you like enjoying our beautiful and extensive facilities spread over the four floors of our Spa: outdoor and indoor pools leading to the meditative experience of our Sphere Pool with hydrotherapy; the Tepidarium with steam baths, Finnish sauna, cold plunge and ice mists; the Waterwell with Kneipp Walk Therapy and indoor and outdoor relaxation and recreation spaces.



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Your Programme includes two healthy snacks. We also offer herbal teas and water infusions.

We hold different, complimentary daily activities such as lectures, morning hikes, and a Technogym-equipped gym with TRX. Our roster of activities includes yoga, mat Pilates, energy movement and fit walks.



EUPHORIA RELAX AND DE-STRESS - 3, 5, 7 days

Give our yourself the gift of time and allow us to nurture you.

Our Relax and Destress Programmes 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. This Programme is all about 'renewal' on every level.

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 Programme is filled with restorative therapies and Euphoria Retreat signature rituals which allow you the time to properly relax and appreciate your present moment.

It is our express desire to nurture you so that you fall in love with life again. We blend 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.

We all know that the more time we take to focus on ourselves, the more profound our results. Our longer Programmes embrace a wider range of holistic approaches from psycho-aromatherapy, that harnesses the therapeutic power of fragrance, to deeper energy work and emotional transformation sessions, which really help you connect with what's important to you. They also include our innovative Euphoria Nutritional Analysis which helps us personalise your between-meals snacks and smoothies, to support the needs of your body now.

3 DAYS RELAX AND DE-STRESS INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
WELLNESS CONSULTATION	30	1
EUPHORIA BYZANTINE HAMMAM RITUAL	60	1
SALT ROOM	20	1
REFLEXOLOGY WITH FACE REJUVENATION MASSAGE	80	1
GROUP MIND DETOX OR MEDITATION	45	1
		6
PER PERSON COST		585 €

5 DAYS RELAX AND DE-STRESS INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
EUPHORIA FEEDBACK	25	1



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WELLNESS CONSULTATION	30	1
EUPHORIA BYZANTINE HAMMAM RITUAL	60	1
5 ELEMENT BALANCING	50	1
CHAKRA BALANCING TREATMENT OR REIKI OR RECONNECTIVE HEALING OR SANCTUARY FOR BUSY MINDS	50	1
PERSONAL TRAINING SESSION (YOGA)	60	1
SALT ROOM	20	1
EUPHORIA MULTI-SENSORY EXPERIENCE	50	1
SANCTUARY FOR BUSY MINDS	50	1
REFLEXOLOGY WITH FACE REJUVENATION MASSAGE	80	1
GROUP MIND DETOX OR MEDITATION	45	1
		12
PER PERSON COST		1215 €

7 DAYS RELAX AND DE-STRESS INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
WELLNESS CONSULTATION WITH BIOFEEDBACK PROFILING	55	1
EUPHORIA FEEDBACK	25	1
TRANSFORMATION CONSULTATION	55	1
NUTRITIONAL GUIDANCE SESSION	30	1
LASER TREATMENT (WITH QEST 4)	15	2
EUPHORIA BYZANTINE HAMMAM RITUAL	60	1
5 ELEMENT BALANCING	50	1
EUPHORIA INSPIRING FACIAL	50	1
CHAKRA BALANCING TREATMENT OR REIKI OR RECONNECTIVE HEALING OR SANCTUARY FOR BUSY MINDS	50	1
PERSONAL TRAINING SESSION (YOGA)	60	1
SALT ROOM	20	1
EUPHORIA MULTI-SENSORY EXPERIENCE	50	1
PERSONAL WELLBEING OLFATORY SESSION	30	1
SANCTUARY FOR BUSY MINDS	50	1
ACUPUNCTURE WITH RECONNECTIVE HEALING	50	1
REFLEXOLOGY WITH FACE REJUVENATION MASSAGE	80	1
GROUP MIND DETOX OR MEDITATION	45	1
		19
PER PERSON COST		1897 €



OUR GIFT TO YOU

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Your Programme includes two healthy snacks. We also offer herbal teas and water infusions.

We hold different, complimentary daily activities such as lectures, morning hikes, and a Technogym-equipped gym with TRX. Our roster of activities includes yoga, mat Pilates, energy movement and fit walks.



EUPHORIA INNER AND OUTER GLOW - 3, 5, 7 days

A holistic choice for inner harmony and external radiance.

This truly holistic Programme will leave you feeling beautiful, inside and out. You will nurture your inner sparkle and self-awareness while indulging in Euphoria Retreat's signature treatments, natural healing experiences and inspirational wellness sessions.

We believe real beauty is more than skin deep, which is why we've created this beautiful combination of holistic therapies to boost your inner vitality and external appearance, naturally.

Alongside treatments, that feed your skin, you enjoy the sensual pleasures of touch, aroma and energy work to rekindle your inner balance. We put much emphasis on the healing power of scent – in our facials, massages and our special olfactory sessions where we use essential oils as a playful tool of self-discovery.

Our invitation to deepen your love with yourself comes through meditative practices and therapies that work specifically on your internal energy flow and touch your soul. Chakra balancing, Reiki or our subtle but powerful Reconnective Healing all help to harmonise your mind and emotions.

You will also enjoy gentle forms of exercise in our beautiful surrounding nature. Those on a 7-day programme will receive a nutritional guidance session with our nutritionist on top of our innovative nutritional analysis and assessment (3GL). This helps us prepare your personalized menu for bringing shine to your appearance and a glow in your heart.

3 DAYS INNER AND OUTER GLOW INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
EUPHORIA MULTI-SENSORY EXPERIENCE	50	1
EUPHORIA INSPIRING FACIAL	50	1
EUPHORIA RELAXING AROMA MASSAGE	50	1
GROUP MIND DETOX OR MEDITATION	45	1
PERSONAL WELLBEING OLFACTORY SESSION	30	1
CHAKRA BALANCING TREATMENT OR REIKI OR RECONNECTIVE HEALING OR SANCTUARY FOR BUSY MINDS	50	1



		7
PER PERSON COST		678 €

5 DAYS INNER AND OUTER GLOW INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
EUPHORIA FEEDBACK	25	1
WELLNESS CONSULTATION	55	1
EUPHORIA MULTI-SENSORY EXPERIENCE	50	1
EUPHORIA INSPIRING FACIAL	50	1
EUPHORIA RELAXING AROMA MASSAGE	50	1
GROUP MIND DETOX OR MEDITATION	45	1
FOREST FIT & ENERGY WALK	50	1
5 ELEMENT BALANCING	50	1
REFLEXOLOGY WITH FACE REJUVENATION MASSAGE	80	1
PERSONAL WELLBEING OLFACTORY SESSION	30	1
CHAKRA BALANCING TREATMENT OR REIKI OR RECONNECTIVE HEALING OR SANCTUARY FOR BUSY MINDS	50	1
		12
PER PERSON COST		1245 €

7 DAYS INNER AND OUTER GLOW INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
WELLNESS CONSULTATION WITH BIOFEEDBACK PROFILING	55	1
EUPHORIA FEEDBACK	25	1
NUTRITIONAL GUIDANCE	30	1
SKIN INSTANT LAB	20	1
EUPHORIA MULTI-SENSORY EXPERIENCE	50	1
EUPHORIA INSPIRING FACIAL	50	1
QUARTZ COMPRESS MASSAGE	80	1
GROUP MIND DETOX OR MEDITATION	45	2
FOREST FIT & ENERGY WALK	50	1
5 ELEMENT BALANCING	50	2
REFLEXOLOGY WITH FACE REJUVENATION MASSAGE	80	1
PERSONAL WELLBEING OLFACTORY SESSION	30	1
BIOLOGIQUE RECHERCHE HYDRATING LIFTING FACIAL WITH REMODELLING FACE MACHINE	90	1



TRANSFORMATION CONSULTATION	55	1
CHAKRA BALANCING TREATMENT OR REIKI OR RECONNECTIVE HEALING OR SANCTUARY FOR BUSY MINDS	50	1
		18
PER PERSON COST		1939 €

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EUPHORIA ESCAPE - 2 days

Revive your body, delight your spirit.

If you need to recharge, with just 2 days to spare, allow us to pamper you with luxurious treatments for rest and relaxation.

Escape your world for two days of deluxe spa experiences, delicious food and dramatic landscapes. Euphoria Retreat is built into a sacred mountainside inviting you to become, quite literally, at one with nature. And with yourself.

The peace of our home in the Peloponnese blends perfectly with the capsule collection of signature therapies that we've selected for guests who wish to make the most of some indulgent down-time.

Our body, face and bathing treatments focus on your senses, deliberately steering you away from the chatter of your mind. Add to your sensory journey the exotic scents and steamy mysticism of a Byzantine Hammam ritual and some relaxation in our salt room, which clears your breathing as well as your spirit.

You can roam around the many facilities in our spa whose spaces have been carefully designed with light, shade and rounded structures to give you an immersive experience. This is an escape of luxurious serenity, the ideal tonic when time is tight.

2 DAYS EUPHORIA ESCAPE INCLUSIONS:	DURATION	TREATMENTS
PERSONAL BATHING EXPERIENCE OR EUPHORIA MULTI-SENSORY EXPERIENCE	25	1
EUPHORIA BYZANTINE HAMMAM RITUAL	60	1
EUPHORIA INSPIRING FACIAL OR 5 ELEMENT BALANCING	50	1
SALT ROOM SESSION	20	1
		4
PER PERSON COST		340 €



2 DAYS EUPHORIA ESCAPE (COUPLES) INCLUSIONS:	DURATION	TREATMENTS
PERSONAL BATHING EXPERIENCE OR EUPHORIA MULTI-SENSORY EXPERIENCE	25	2
EUPHORIA BYZANTINE HAMMAM RITUAL (1 THERAPIST FOR 2 GUESTS)	60	1
EUPHORIA INSPIRING FACIAL OR 5 ELEMENT BALANCING	50	2
SALT ROOM (1 SESSION FOR 2 GUESTS)	20	1
PRIVATE FOREST BATHING – SUNSET CALIFORNIA HOT TUB (FOR 2 GUESTS)	30	1
		7
COST FOR TWO PEOPLE		570 €

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We hold different, complimentary daily activities such as lectures, morning hikes, and a Technogym-equipped gym with TRX. Our roster of activities includes yoga, mat Pilates, energy movement and fit walks.



EUPHORIA FITNESS - 5 or 7 days

A personal approach to exercise and nutrition increases physical fitness and emotional balance.

This Programme uses a holistic approach, focusing on diet, personal training and coaching to boost your fitness level. We also help you build a solid foundation, that makes it simple for you to continue your physical, mental and emotional balance once you leave us.

At Euphoria Retreat we personalise our approach to your fitness in a way that you will enjoy thanks to one-on-one guidance – and encouragement – from our expert trainers. They create bespoke plans for those just embarking on a fitness regime as well as trainings for regular exercisers who want to challenge their limits.

We start by evaluating your lifestyle, movement patterns and goals. You then benefit from daily personal training sessions that take place throughout Euphoria: in our technically advanced gym, on fitness walks in our mountain surroundings and in our studios, practicing yoga, aerial yoga and Pilates.

We put as much emphasis on mental and emotional balance as we do on helping you build your physical strength and endurance. The Euphoria Fitness Programme also includes therapies that soothe and relax a post-workout body and revitalise its energy levels. You are to join our group daily activities to further boost your conditioning.

Our innovative nutritional analysis can accurately measure your body's needs on a cellular level so that we can tailor dietary recommendations to regulate your metabolism, particularly when exercising. Optimal metabolism leads to increased energy and enhanced longevity.

This is a great Programme for enhancing your health on a physical, mental and emotional level.

5 DAYS EUPHORIA FITNESS INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
EUPHORIA FEEDBACK	25	1



WELLNESS CONSULTATION	55	1
ERGO-PHYSIOLOGICAL SCANNING	20	1
PERSONAL TRAINING SESSIONS	60	3
INFRARED SAUNA	20	1
SALT ROOM OR FLOTATION SESSION	20	1
PERSONAL BATHING EXPERIENCE	25	1
OUTDOOR HOLISTIC EXPERIENCE (COMPRISING YOGA, AERIAL YOGA OR PILATES)	120	1
DETOX CUPPING MASSAGE	50	1
REFLEXOLOGY OR SHIATSU	50	1
		13
PER PERSON COST		1190 €

7 DAYS EUPHORIA FITNESS INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
EUPHORIA FEEDBACK	25	1
WELLNESS CONSULTATION	55	1
ERGO-PHYSIOLOGICAL SCANNING	20	1
PERSONAL TRAINING SESSIONS	60	5
INFRARED SAUNA	20	1
SALT ROOM OR FLOTATION SESSION	20	1
OUTDOOR HOLISTIC EXPERIENCE (COMPRISING WITH YOGA, AERIAL YOGA OR PILATES)	120	1
DETOX CUPPING MASSAGE	50	1
SIGNATURE ROYAL EUPHORIA BODYWORK	80	1
REFLEXOLOGY OR SHIATSU	50	1
		15
PER PERSON COST		1505 €

OUR GIFT TO YOU

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hydrotherapy; the Tepidarium with steam baths, Finnish sauna, cold plunge and ice mists; the Waterwell with Kneipp Walk Therapy and indoor and outdoor relaxation and recreation spaces.

Your Programme includes two healthy snacks. We also offer herbal teas and water infusions.

We hold different, complimentary daily activities such as lectures, morning hikes, and a Technogym-equipped gym with TRX. Our roster of activities includes yoga, mat Pilates, energy movement and fit walks.



EUPHORIA YOGA & MINDFULNESS - 3, 5, 7 days

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.

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

This Programme centres 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.

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

3 DAYS EUPHORIA YOGA & MINDFULNESS INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
PERSONAL TRAINING SESSION (YOGA)	60	2
FOREST FIT & ENERGY WALK	50	1
EUPHORIA RELAXING AROMA MASSAGE	50	1
GROUP MIND DETOX OR MEDITATION	45	1
		6
PER PERSON COST		498 €



5 DAYS EUPHORIA YOGA & MINDFULNESS INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
WELLNESS CONSULTATION	30	1
EUPHORIA FEEDBACK	25	1
PERSONAL TRAINING SESSION (YOGA)	60	3
FOREST FIT & ENERGY WALK	50	1
CHAKRA BALANCING OR REIKI OR RECONNECTIVE HEALING OR SANCTUARY FOR BUSY MINDS	50	1
EUPHORIA RELAXING AROMA MASSAGE	50	1
PRIVATE MEDITATION SESSION	50	1
SALT ROOM	20	1
GROUP MIND DETOX OR MEDITATION	45	1
		12
PER PERSON COST		945 €

7 DAYS EUPHORIA YOGA & MINDFULNESS INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
WELLNESS CONSULTATION	30	1
EUPHORIA FEEDBACK	25	1
PERSONAL TRAINING SESSION (YOGA)	60	5
FOREST FIT & ENERGY WALK	50	1
CHAKRA BALANCING OR REIKI OR RECONNECTIVE HEALING OR SANCTUARY FOR BUSY MINDS	50	1
EUPHORIA RELAXING AROMA MASSAGE	50	1
5 ELEMENT BALANCING	50	1
PRIVATE MEDITATION SESSION	50	1
TRANSFORMATION CONSULTATION		1
SALT ROOM	20	1



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GROUP MIND DETOX OR MEDITATION	45	2
		17
PER PERSON COST	1400 €	

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EUPHORIA YOGA-FITNESS - 5, 7 days

Fitness through mindful movement.

This Programme focuses on mindful movement to work on physical strength, flexibility and coordination. It's for those who feel more drawn to one-on-one yoga practice than endurance training for reaching desired levels of fitness.

This Programme offers a joyful approach to fitness and connection with your body with on one-to-one yoga practice and/or fitness training. Your personal sessions take place both indoors and outside in nature where you breathe clean air and enjoy the peace and mystique of our tranquil environment.

This different style of personal training enhances physical flexibility and emotional inspiration to foster a deeper relationship with your own authentic self.

Your nutritional assessment helps us balance your meal plan. In addition, the treatments in this Programme also focus on balance at an energetic level.

This is a beautiful experience for gaining physical flexibility and emotional harmony thanks also to our choice of treatments that have been devised to work too on your spiritual self.

5 DAYS EUPHORIA YOGA-FITNESS INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
EUPHORIA FEEDBACK	25	1
WELLNESS CONSULTATION	30	1
ERGO-PHYSIOLOGICAL SCANNING	20	1
PERSONAL TRAINING (YOGA AND/OR FITNESS)	60	3
CHAKRA BALANCING TREATMENT OR REIKI OR SANCTUARY FOR BUSY MINDS	50	1
SHIATSU OR THAI MASSAGE	50	1
INFRARED SAUNA	20	1
PRIVATE OUTDOOR HOLISTIC EXPERIENCE (COMPRISING YOGA, AERIAL YOGA OR PILATES)	120	1



		11
PER PERSON COST		1050 €

7 DAYS EUPHORIA YOGA-FITNESS INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
EUPHORIA FEEDBACK	25	1
WELLNESS CONSULTATION	30	1
ERGO-PHYSIOLOGICAL SCANNING	20	1
PERSONAL TRAINING-YOGA	60	5
CHAKRA BALANCING TREATMENT OR REIKI OR SANCTUARY FOR BUSY MINDS	50	1
SHIATSU OR THAI MASSAGE	50	1
WATSU	50	1
INFRARED SAUNA	20	2
PRIVATE OUTDOOR HOLISTIC EXPERIENCE (COMPRISING YOGA, AERIAL YOGA OR PILATES)	120	1
		15
PER PERSON COST		1386 €

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EMOTIONAL PHYSICAL AND TRANSFORMATIONAL RETREAT - 7 days

Uplift, inspire and heal at all levels, while having fun.

This retreat offers you an immersive experience of our core philosophy for joyful transformation, the concept on which Euphoria Retreat was founded. You will experience the 5 Elements system as a theory for understanding our life path – both through dialogue and experiential practices. You will also enjoy beautiful therapies, all of which will deepen your connection to your authentic self.

The Euphoria Emotional and Physical Transformation Retreat is very special, devised by our founder Marina Efraimoglou as a journey of emotional, physical and spiritual renewal. Your experience, in group sessions of dialogue and embodied practice, as well as with exquisite solo treatments, conceived to open you at a soul level, is built around her heartfelt belief in the 5 Elements. This is an ancient Chinese code of understanding the natural world and how we, as humans, relate to it in terms of our physical health and psychological behaviors.

Your mornings are devoted to discovering the characteristics of each element – water, wood, fire, earth and metal /ether - and how you, as an individual, are affected by their characteristics, emotionally and spiritually. During the afternoon, you will enjoy therapies to balance these characteristics in you so you can overcome emotional blockages and work on physical issues with the aim of achieving your own higher potential –with joy and understanding.

You will be guided through experiential practices, therapies and dialogues to better understand how energy flows through the 5 Elements in the universe and how your personal energy is affected by this universal energy. This will help you restore a more harmonious flow in your emotional and physical wellbeing.

This is an unforgettable holiday: 7 days that blend ancient wisdom, contemporary approaches, natural healing practices, professional excellence, personal passion and beautiful nature.



7 DAYS EMOTIONAL AND PHYSICAL TRANSFORMATION RETREAT INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
MEDICAL & HOLISTIC CONSULTATION WITH BIO-ENERGETIC PROFILING	85	1
EUPHORIA FEEDBACK	25	1
TRANSFORMATION CONSULTATION	55	1
5 ELEMENT BALANCING TREATMENT	50	5
ACUPUNCTURE OR REFLEXOLOGY	50	1
ACUPUNCTURE COMBINED WITH RECONNECTIVE HEALING	50	1
CHAKRA BALANCING TREATMENT OR REIKI OR SANCTUARY FOR BUSY MINDS	50	1
EMOTIONAL TRANSFORMATION AND SELF-AWARENESS GROUP SESSION THROUGH THE 5 ELEMENTS (WATER, WOOD, FIRE, EARTH, METAL /ETHER)	120	6
5 ELEMENT DANCE THERAPY	45	1
GROUP DINING IN THE CANDLELIT PRIVATE DINING ROOM WITH GROUP MENTORS		1
GROUP EUPHORIA BYZANTINE HAMMAM RITUAL AND MEDITATION	60	1
		21
PER PERSON COST		2877 €

YOUR MENTORS: Marina Efraimoglou and Mary Vandarou. These expert women have developed their own unique approach, offering suggestions, sharing their journeys and respecting yours.

OUR GIFT TO YOU

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EUPHORIA INTELLIGENT MEDITERRANEAN METABOLIC HOMEOSTASIS THERAPY RETREAT (IMMOT) – 7 days

The ultimate in emotional, spiritual and physical transformation for lasting life change.

IMMOT – Intelligent Mediterranean Metabolic Homeostasis Therapy retreat is our all-encompassing retreat to set you on the path of full physical, emotional and spiritual transformation.

Alongside our unique medical approach, full of customisation for you, to get to the core of your nutritional and metabolic state, this 7-day retreat includes our signature therapies and our unique group workshops to support you on a psycho-mental level as well.

This premium Signature Retreat combines a Programme of scientifically-customised medical interventions that identify your precise nutritional and exercise needs, while, at the same time, harnessing the unique emotional benefits of Euphoria Retreat's inspiring therapies and group workshops. This is our most comprehensive approach for reaching meaningful life change.

A powerful physical and psychological combination targets those old mind patterns and bad habits that can contribute to weight gain and low levels of self-esteem related to food and exercise. And helps you break them.

You receive full metabolic profile scanning, via blood, right down to a DNA level, and medical bio-measurements, such as respiratory function with our Ergo Physiological Scanning, at the highest level offered at Euphoria Retreat, thanks to the scientific team of Eucrasia-Euphoria. We then rebalance your metabolic needs through nutrition, exercise and treatment protocols while also inviting you into group sessions focusing on our signature 5 Elements to help you understand your psychological and emotional patterning, especially around your relationship with food. Here we explore the Earth element, which governs the digestive system and reflects our nutritional habits and care for ourselves and others.

This blend of group sessions, including dining together, lectures on eating and music evenings, combined with one-on-one consultations with our experts in such precise disciplines as haematology, genealogy, pathology and nutrition – plus personally-tailored fitness sessions, means we can target weight management according your cellular metabolism for optimum results.



We even tailor your daily treatments, blending a range of techniques to benefit your particular needs. This retreat is the most comprehensive way to be supported to move forward with healthy eating habits and fresh perspectives.

You will be given a supporting programme to continue at home and our experts invite you for a three-month post-retreat follow up on our personalised internet platform.

7 DAYS EIMMOT RETREAT INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	2
MEDICAL & HOLISTIC CONSULTATION WITH BIOFEEDBACK PROFILING	85	1
NUTRITIONAL GUIDANCE SESSION	30	2
COMPOSITE EXCLUSIVE INNOVATIVE HORMONAL AND BIOCHEMICAL BLOOD PANEL:		1
FULL BIOCHEMICAL BLOOD COUNT – TRACE ELEMENTS & MINERALS (6 PARAMETRES)		
FULL LIVER BLOOD COUNT SCANNING (7 PARAMETRES)		
FULL HORMONAL BLOOD SCANNING OF FUEL (9 PARAMETRES)		
FULL REDOX CELLULAR SCANNING (6 PARAMETRES)		
FULL METABOLOMIC ANALYSIS (SCANNING UP TO 110 METABOLITES)		
FULL ANALYSIS OF 20 ALLES (GENETICAL MUTATION)		
ERGO PHYSIOLOGICAL SCANNING. DETECTS RQ INDEX, METABOLIC RATES, RESPIRATORY CONDITIONS, ETC	60	1
GROUP SESSION OF EMOTIONAL TRANSFORMATION AND SELF-AWARENESS THROUGH THE 5 ELEMENTS (WATER, WOOD, FIRE, EARTH, METAL /ETHER)	180+	2
PRIVATE CONSULTATION WITH MOLECULAR NUTRITIONIST MR LEON IN COMBINATION WITH PATHOLOGIST EXPERT DR CHARIZANIS	60	2
CLINICAL CONSULTATION WITH HEMATOLOGIST, CYTOGENETICIST, MRS KOKKINO, PHD.	60	1
EUPHORIA PERSONALISED TREATMENT (DERIVED FROM FULL CLINICAL ASSESSMENT)	80	6
FASCIA THERAPY	80	1
COOKING WORKSHOP	120	1
LIVE CONCERT (LIVE CONCERT WITH THE COMPOSER & MUSICIAN MANOS PYROVOLAKIS AND HIS GROUP, PRESENT THE GREEK, CLASSIC & TRADITIONAL MUSIC WITH THE ACCOMPANIMENT OF LAOUTO & VIOLOLYRA)	180	1



INFRARED SAUNA	20	2
PERSONAL TRAINING SESSION	60	2
THREE-MONTH FOLLOW-UP ON PERSONALISED INTERNET PLATFORM		1
SCIENTIFIC SUPERVISION		1
		27
PER PERSON COST		5761 €

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ULYSSES JOURNEY MINI RETREAT - 3 days

Explore, reflect, discover, play.

Over three 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 Ulysses 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!

3 DAYS ULYSSES JOURNEY INCLUSIONS:	DURATION	TREATMENTS
GROUP SESSION THROUGH THE 5 ELEMENTS (WATER, WOOD, FIRE, EARTH, METAL /ETHER)	120	5
GROUP FOREST MEDITATION AND ENERGY MOVEMENT	60	1
5 ELEMENT DANCE	45	1
SALT ROOM	20	1
GROUP EUPHORIA BYZANTINE HAMMAM RITUAL	60	1
LABYRINTH MEDITATION	45	1
		10
PER PERSON COST		876 €

YOUR MENTORS: Marina Efraimoglou and Mary Vandarou. These expert women have developed their own unique approach, offering suggestions, sharing their journeys and respecting yours.



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OUR GIFT TO YOU

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SELF-AWARENESS THROUGH THE 5 ELEMENTS - 2 days

Self-discovery through understanding our emotions.

This short retreat is a wonderful introduction to exploring your emotions as a way of enhancing your self-awareness.

This mini retreat gives you a taste of our core philosophy of joyful transformation through the theory of the 5 Elements, an ancient Chinese system for understanding nature and how it connects to us, as humans.

In two group workshops, you will have fun relating the emotions, attributed to each of the 5 Elements: water, wood, fire, earth and metal/ether, to your own emotions, as a way of understanding any blockages or repetitive behaviours you may currently find yourself experiencing. You will explore all of this through listening, sharing, guided meditation and creative interplay, engaging your sensual and body awareness, your emotions and your intellect.

Your discoveries can help you change your perspective in areas of your life that may be limiting or frustrating you. We believe that increased self-awareness leads to more positive choices.

2 DAYS EUPHORIA SELF-AWARENESS THROUGH THE 5 ELEMENTS MINI RETREAT INCLUSIONS:	DURATION	TREATMENTS
Emotional transformation and self-awareness - Group Session Through the 5 Elements (Water, Wood, Fire, Earth, Metal /Ether)	120	2
		2
PER PERSON COST		320 €

YOUR MENTORS: Marina Efraimoglou and Mary Vandarou. These expert women have developed their own unique approach, offering suggestions, sharing their journeys and respecting yours.

OUR GIFT TO YOU



euphoria

RETREAT

You are welcome to spend as much time as you like enjoying our beautiful and extensive facilities spread over the four floors of our Spa: outdoor and indoor pools leading to the meditative experience of our Sphere Pool with hydrotherapy; the Tepidarium with steam baths, Finnish sauna, cold plunge and ice mists; the Waterwell with Kneipp Walk Therapy and indoor and outdoor relaxation and recreation spaces.

We hold different, complimentary daily activities such as lectures, morning hikes, and a Technogym-equipped gym with TRX. Our roster of activities includes yoga, mat Pilates, energy movement and fit walks.



EUPHORIA MEANINGFUL RELATIONSHIPS MINI RETREAT - 3 days

A path to more meaningful relationships.

Over three days you will understand why you may be experiencing a lack of satisfaction when it comes to relationships. You will learn to dissolve any blocks in this area and feel confident in attracting joyful and trusting relationships from now on.

Learn to enjoy open, heart-to-heart communication in all your relationships during this creative and transformational process spanning three days. Through the study of our core philosophy of the [Five Elements](#), you will understand aspects of your personality and of others, and how these behavioural traits effect relationships. Our loving experts will also guide you through practices that engage your sensual body awareness, reveal your emotions and stir your intellect so that you gain a deep and fulfilling approach to intimacy and friendship.

3 DAYS EUPHORIA MEANINGFUL RELATIONSHIPS MINI RETREAT INCLUSIONS:	DURATION	TREATMENTS
UNDERSTANDING YOUR RELATIONSHIPS AND YOURSELF - GROUP SESSION THROUGH THE 5 ELEMENTS (WATER, WOOD, FIRE, EARTH, METAL /ETHER)	120	3
GROUP DINING IN THE CANDLELIT PRIVATE DINING ROOM WITH GROUP MENTORS		1
WATSU	50	1
		5
PER PERSON COST		680 €

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EUPHORIA SPARTAN SPIRIT OF ADVENTURE RETREAT - 3, 5, 7 days

For Fitness Full of the Spartan Spirit for Adventure.

Spend an outdoor week with us 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.

Daily exercise, including hiking, cultural walking tours, interval training, cycling, rock climbing and swimming, plus energy movement sessions and aerial yoga. Each activity takes place at a different location, so you can explore the beauty of this blessed land, breathe in clean air and exercise in nature while enjoying beautiful views, mountain and sea side.

You will have plenty of time to recover from training with our spa facilities and treatments that you can book. You will also have one day of rest from your physical excursions 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!

On the 7 day retreat, you will venture out on six daily excursions, listed below, around Euphoria Retreat and the surrounding area. Those on the 3 and 5 day retreat will go on a selection of excursions. Each day includes 2-3 hours of physical exercise, plus the opportunity to enjoy the unspoilt nature and culture of this historical area of the Peloponnese.

- Day 1: Energise yourself in the hilly forest around Euphoria Retreat focusing on functional and HIIT (High Intensity Interval Training) exercise, using props. Discover the historical site of Mystras Castle.
- Day 2: Cycle to and from the nearby classical Sainopoullio Amphitheatre for a HIIT session.



- Day 3: Travel by car to the pretty seaside town of Gytheio, once a Roman trading port, for a small triathlon session: swimming, cycling and rock climbing.
- Day 4: Hike along the mountain tops of Menelaia, an archeological site with long views over the ruins of Sparta.
- Day 5: Enjoy a walking tour through the many paths on Mount Taygetus behind Euphoria Retreat, on whose steep slopes the Spartans abandoned all those deemed unfit or traitors!
- Day 6: Spend the morning in the village of Tripi and its Karvasaras and Vasilo-Neri Springs. You can swim in the cold spring waters, running, cycle and practice archery, just like the Spartans.

YOUR MENTORS: This retreat is led by our fitness team of experienced trainers, who will be always alongside to encourage and support you in building resilience, strength and self-empowerment, with a lot of laughs along the way.

3 DAYS EUPHORIA SPARTAN SPIRIT OF ADVENTURE RETREAT INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
WELLNESS CONSULTATION	30	1
GROUP TRAINING (EUPHORIA INDOOR/OUTDOOR)	150	1
GROUP TRAINING (SAINOPOULIO/CYCLING-HIIT)	180	1
GROUP TRAINING-MENELAIA	180	1
5 ELEMENT BALANCING OR DEEP TISSUE OR DETOX CUPPING	50	1
FOOT MASSAGE	25	1
SALT ROOM	20	1
GROUP MIND DETOX OR MEDITATION	45	1
		9
PER PERSON COST		930 €



5 DAYS EUPHORIA SPARTAN SPIRIT OF ADVENTURE RETREAT INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
WELLNESS CONSULTATION	30	1
GROUP TRAINING (EUPHORIA INDOOR/OUTDOOR)	150	1
GROUP TRAINING (SAINOPOULIO/CYCLING-HIIT)	180	1
GROUP TRAINING-MENELAIA	180	1
HIKING / CLIMBING TAYGETUS	180	1
EUPHORIA BYZANTINE HAMMAM RITUAL	60	1
SIGNATURE EUPHORIA ROYAL BODYWORK	80	1
5 ELEMENT BALANCING OR DEEP TISSUE OR DETOX CUPPING	50	1
FOOT MASSAGE	25	1
INFRARED SAUNA	20	1
SALT ROOM	20	1
GROUP MIND DETOX OR MEDITATION	45	1
		13
PER PERSON COST		1650 €

7 DAYS EUPHORIA SPARTAN SPIRIT OF ADVENTURE RETREAT INCLUSIONS:	DURATION	TREATMENTS
NUTRITIONAL ANALYSIS AND ASSESSMENT (3GL)	45	1
WELLNESS CONSULTATION	30	1
GROUP TRAINING (EUPHORIA INDOOR/OUTDOOR)	150	1
GROUP TRAINING (SAINOPOULIO/CYCLING-HIIT)	180	1
GROUP TRAINING-MENELAIA	180	1
GYTHEIO TRIATHLON	240	1
HIKING / CLIMBING TAYGETUS	180	1
EVROTAS ADVENTURE	180	1
EUPHORIA BYZANTINE HAMMAM RITUAL	60	1



SIGNATURE EUPHORIA ROYAL BODYWORK	80	1
5 ELEMENT BALANCING OR DEEP TISSUE OR DETOX CUPPING	50	2
FOOT MASSAGE	25	2
INFRARED SAUNA	20	2
SALT ROOM	20	1
GROUP MIND DETOX OR MEDITATION	45	1
		18
PER PERSON COST		2350 €

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Your Programme includes five meals: breakfast, lunch and dinner plus two healthy snacks, mid-morning and mid-afternoon. We also offer herbal infusions, fruit and nuts throughout the day.

We hold different, complimentary daily activities such as lectures, morning hikes, and a Technogym-equipped gym with TRX. Our roster of activities includes yoga, mat Pilates, energy movement and fit walks.