

Slow living

Peace is the word at F Zeen Retreat, an oasis of wellbeing on the Greek island of Kefalonia



Villa sunloungers overlook the serene bay of Lourda

ANCIENT GREEK PHILOSOPHERS understood the benefits of slow living – that sense of being in harmony with our natural rhythms. And it's this idea of the good life – where body, mind and soul find balance in nature – that is the inspiration behind F Zeen, a tranquil adults-only haven that gently unfolds in 20 Eden-like acres on Kefalonia. With panoramic views of the Ionian Sea, Mount Aenos as a backdrop and a breathtaking landscape dotted with pine trees and flowers, the scene is set for a luxurious, rejuvenating stay.

In a world where wellbeing is the ultimate definition of luxury, this all-residence retreat is entirely focused on encouraging guests to unwind and reconnect, both with themselves and the natural surroundings. Daily hikes to secluded beaches, fitness classes, Pilates and paddleboarding are all a complimentary part of the experience to help you shake yourself free of the stresses of everyday life. So too are yoga classes, which range in style from vinyasa and hatha to aerial. There are also sound-healing and meditation sessions, while private activities available on request include tennis, snorkelling and island-hopping excursions. Meanwhile, in the spa, holistic treatments such as candlelit massages and seaweed baths use organic products designed to fully heal and restore.

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Lush gardens ensure absolute privacy



Natural stone and earth colours fill the interiors

Alongside a recently launched points-based loyalty programme (there are four tiers: earth, water, fire and air), 2023 sees the introduction of new weekly and monthly events at F Zeen. Time your visit right and you can enhance your stay with craft workshops, full-moon rituals, gastronomy days and the chance to dive into the undiscovered side of Kefalonia.

Underpinned by a sustainable ethos that promotes a more considered, greener way of living and an appreciation for the beauty of the environment, this is somewhere to truly relax and reset.

For more information, please visit fzeenretreat.com or call 020 7183 5383