



## LESS IS MORE

F Zeen brings new meaning to tranquility at its stylish retreat on the Greek island of Kefalonia

There is perhaps no better path to fulfilment and rejuvenation than by connecting with the natural world – and nowhere better follows this mantra than F Zeen, whose name translates as ‘the good life’. With beautiful Kefalonian architecture that seamlessly blends into a pine-blanketed hillside on the calm bay of Lourdas, this getaway provides guests with experiences rooted in elegance and simplicity.

Balancing sophistication and relaxed living, F Zeen’s setting and amenities ensure deep levels of comfort. Tucked within lush foliage bursting with olives and lemons, the retreat epitomises the pinnacle of wellness. Whether you are starting your day with sound-healing yoga, a hike to Mount Ainos or a paddleboard at sunrise, guests are encouraged to embrace all the peace and simplicity offered by this peerless spot on the Mediterranean. With an upcoming roster of events from full moon rituals to gastronomy days, this is the place to check into for a New Year reset.

With a commitment to wellbeing inspired by working with the natural world through mindful practices, spa-goers and health enthusiasts will be spoiled for choice. Relax in a seaweed bath before refuelling with delicious, nourishing dishes made with homegrown ingredients, then decompress under the Milky Way at the outdoor cinema. At F Zeen, the opportunities to disconnect from the noise of everyday life and reconnect with yourself are boundless.

### Further Information

Visit [fzeenretreat.com](https://fzeenretreat.com) or call 020 7183 5383

