



ISLAND BLISS

Experience unmatched serenity amid Kefalonia's coastal canopy

Nestled in a fragrant Mediterranean pine forest in the serene bay of Lourdas, F Zeen has long long defined what the ultimate getaway can offer. Overlooking the impossibly blue Ionian Sea, this family-run retreat pays homage to southern Kefalonia's architectural heritage while immersing wellness seekers, honeymooners and lovers of the outdoors in meaningful and authentic experiences. A second home to returning guests, this sanctuary's relaxed yet sophisticated atmosphere is rooted in its harmonious integration in the island's ecosystem: sleek interior design is brought to life with natural, sustainably sourced local materials; spaces unite nature with comfort while restaurants serve innovative takes on traditional dishes made with organic, homegrown ingredients. This haven ticks every box for health and wellbeing enthusiasts seeking a rejuvenating escape away from the masses.

Whether you start your day with sunrise yoga, a leisurely paddle down unspoiled shores alongside loggerhead turtles or an invigorating hike through glades and ancient ruins, immersing yourself in Greek island life will soon become second nature. From beachside tennis courts to gym decks with panoramic sea views, an under-the-stars outdoor cinema and a spa that blends traditional and contemporary therapies, the ways to reconnect with yourself are endless here. And with a new boutique hotel opening in Athens in 2024, F Zeen's sustainable ethos is set to extend to the historic capital.

Further Information

Visit fzeenretreat.com or call 020 7183 5383