



## THE GOOD LIFE

At F Zeen, a super-chic retreat on the island of Kefalonia, nature is the key to a spoiling holiday like no other

With its trio of infinity pools, Mediterranean feasts laid beneath jasmine-clad pergolas and dreamy sea views, F Zeen on Kefalonia offers everything you'd expect from a Greek island holiday, but it's the nature-led ethos that really sets it apart.

From the organic kitchen garden to the soulful spa, everything at this family-run retreat has been thoughtfully designed for a holiday that feels good and does good. It's luxurious yet laid back; stylish yet simple. The focus is on enjoying the good life (that's what F Zeen translates as), allowing the beautiful surroundings and the island's natural bounty to invigorate and inspire.

Start your day with a sun salutation on one of the outdoor yoga decks or a stroll through the

beautiful gardens covering pine-scented hills that slope down to the shimmering Ionian Sea. Relax with a book and a coffee on your private terrace or join one of the daily complimentary fitness or meditation classes. Even the architecture and décor has been carefully considered, using local artisans and materials to root the retreat firmly in its environment.

Dining is a particular treat, with two restaurants serving exciting and creative dishes made from ingredients grown on site or sourced locally. Think tempura sea bass fillet served on a flatbread with guacamole and a zesty chilli-lime mayonnaise, or Greek lobster accompanied by seasonal vegetables fresh from the garden. Set menus with wine pairings have been introduced for 2022, created by the chef to showcase the finest Greek flavours.

Usher in the evening with cocktails by the pool – the new Strawberry Chamomile Paloma, a mix of tequila blanco, chamomile honey syrup, pink grapefruit soda and strawberries, is particularly refreshing after a day in the sun – before settling down for a movie beneath the stars at the outdoor cinema. Guests listen through headphones so that no one is disturbed – just another little touch that shows how deeply F Zeen cares about minimising its impact while still creating the perfect ambience.

Whatever you choose to do, you'll leave feeling refreshed and rejuvenated, and hopefully inspired to live the good life everywhere you go.

**Further Information**  
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