



THIS FAMILY-RUN
SPOT DRAWS
TRAVELLERS INTO A
SLOWER PACE OF LIFE

THE GOOD LIFE

At the Kefalonian retreat of F Zeen,
wellbeing is more than just a buzzword

Much has been written on the virtue of Kefalonia's island lifestyle. Perhaps it's the mood-lifting sunshine, the staggering beauty of the scenery, or the good glug of olive oil added to every dish – whatever the reason, this place has taken the concept of wellness and refined it over centuries. Nowhere is this more apparent than at F Zeen. The jewel of the tiny village of Lourdas, this family-run spot draws weary travellers into a slower pace of life, lazy lemon-scented mornings on the private balconies giving way to afternoons of floating in gently undulating waves and evenings of sunset suppers to feed the body and the soul.

Calming though it is, those who long for something more adventurous than a bout of yoga on the pavilion won't be disappointed, with an itinerary of guided mountain hikes, snorkelling, jeep safari and stand-up paddle boarding all available.

Privacy is paramount here; those still a little wary of crowds will find their stress levels fall at the sight of unspoilt beaches free of tourist

thongs, and the adults-only nature of the retreat guarantees long romantic meals without interruption.

With intuitive design inspired by the surrounding landscape, F Zeen seems as much a part of Kefalonia's coastline as the hillside olive groves and the hidden-away coves of the coast. There's an elegant rawness to the architectural style, enhanced by the use of natural, sustainably sourced local materials. The connection with the island is unbroken throughout the resort: spa treatments make use of fresh Greek herbs and ancient healing techniques, while restaurants Gaia and Selini promise evenings of feasting on chargrilled Greek meats, tangy yoghurt dressings, the freshest salads and vegan interpretations of family recipes that have nourished generations. F Zeen is a space for travellers eager to experience a stay of barefoot luxury that is as authentic as it is exclusive.

Further Information
Visit fzeenretreat.com

