



## FIND YOUR ZEN

Rediscover the good life at Greek retreat F Zeen, an Eden-esque spot that brings guests back into harmony with nature

The restorative powers of a holiday cannot be overstated; we can all appreciate how much a few days or weeks away from relentless to-do lists can work wonders for our well-being. Here at F Zeen, an idyllic hideaway on the Kefalonian coast where you can reconnect with yourself and with each other, relaxation has been honed to a fine art.

A return to nature is at the heart of F Zeen's philosophy. Based on the ancient Greek idea of 'the good life', it prioritises a slower pace of existence where both body and mind are in balance. Practically speaking, this translates into a serene escape from the everyday, where wellness is taken seriously and guests can experience an immersive and mindful stay surrounded by luxurious simplicity.

The architecture is guided by Kefalonia's landscape, making use of weathered stone

salvaged from historic structures and blending seamlessly with existing natural features.

Interiors combine furniture and artworks from local artisans with a carefully curated selection of pieces gathered by F Zeen's owners on their travels. Many of the 61 rooms and suites and two villas offer views over glimmering seas and bright, foliage-filled gardens, promising unrivalled privacy.

A sustainable ethos runs through the island haven, from the natural tree-rubber mats laid down on the outdoor decks for morning yoga to the eco-friendly gyms, where working out is a pleasure rather than a chore. An impressive menu of treatments and massages in the three spas will please even the most discerning of spa-goers. Making ample use of F Zeen's organic homegrown vegetables, restaurants Gaia and Selini add a modern twist to traditional Greek dishes and international

favourites, with plentiful options for vegans and vegetarians. Expect flavourful carpaccio, fresh-caught octopus and smoky black garlic tzatziki laden onto homemade flatbreads.

As it is an adults-only retreat, you can enjoy lazy lie-ins and tranquil hours by the three pools without interruption. Those seeking adventure can embark on guided activities including kayaking, stand-up paddleboarding, mountain hiking and snorkelling, while new additions for the 2022 season, such as golf simulation and a brand-new tennis court, ensure that guests always have a reason to come back. Not that you'll need an excuse; once you've experienced the peace that F Zeen has to offer, you'll be counting down the days until you can return.

### Further Information

Visit [fzeenretreat.com](https://fzeenretreat.com) or call 0207183 5383