



F Zeen Retreat

LOURDATA, KEFALONIA

F Zeen Retreat is nestled on the Kefalonian coastline, overlooking the Ionian Sea, surrounded by nature in abundance. The hotel has 61 rooms and suites, and two private villas — with design that reflects the natural surroundings. Set into the cliff, the retreat emerges as if it's part of the landscape. Interiors combine minimal furniture and artwork from local artisans fused with a selection of folk pieces from around the world, collected by F Zeen's owners during their travels.

F Zeen translates into 'the good life' This interpretation of the art of living well is influenced by ancient Greek philosophy, prioritising a slower pace of living where body, mind and soul are connected and in balance. Wellness is taken seriously at F Zeen, with three spas and an extended signature treatment menu. The retreat's three pools seem to unfold seamlessly amid tropical flora, while the three yoga decks are surrounded by beautiful Mediterranean pine forests, making relaxation and meditation easy.

There is a host of activities on offer including kayaking, paddleboarding, snorkelling, guided morning hikes to secluded beaches and guided tours to explore Kefalonia island and Mount Ainos. The outdoor fitness gyms have top-notch facilities that allow guests to stay fit while on holiday. There's also a private tennis court with panoramic sea vistas and a golf simulation room for hours of fun.

The sustainable ethos of the retreat is highlighted at the two restaurants, Selini and Gaia, where the executive chef curates a menu accentuating traditional Greek recipes with ingredients harvested from the privately owned organic vegetable garden.

Based on Hippocrates' teachings of, "Let food be thy medicine and medicine be thy food", at F Zeen, connection with food is an integral part of a healthy and happy lifestyle.

F Zeen Retreat is a mindset; a place to escape from the ordinary and reconnect to the good life.

Need to know

KEY FACILITIES

- Two restaurants and bars
- Idor Wellness & Spa
- Private guided hiking tours
- Snorkelling
- Kayaking
- Exclusive use of beachfront sunbeds
- Yoga

KEY TREATMENTS

- Muscle release
- Body sculpting
- Sound healing therapy
- Pure botanic detox

Get in touch

fzeenretreat.com

T: +44 (0)207 183 53 83

E: reservations@fzeen.net

Don't miss Watch movies under the stars at the outdoor cinema, as well as yoga, meditation, plus a tennis court with panoramic sea views