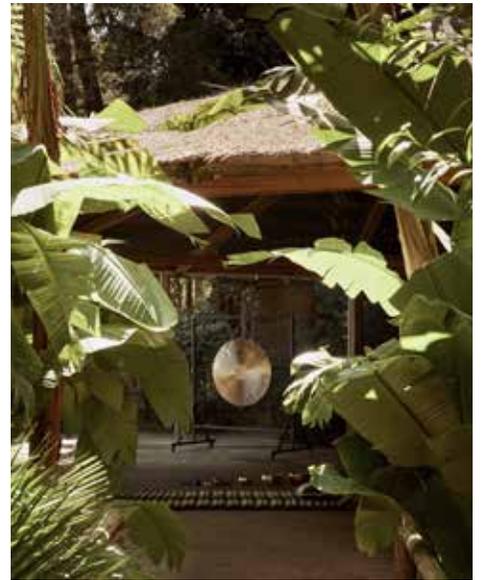


Back to Eden

F Zeen's Kefalonian retreat might be the closest thing to paradise on earth



F Zeen translates to 'the good life', a philosophy which guides every element of a stay here

A FAMILY-RUN FIVE-STAR HOTEL surrounded by the splendour of Kefalonia, F Zeen Retreat has made a name for itself as a sanctuary for stressed-out guests keen to escape life's daily pressures. Here, wellness is far more than skin-deep. The name F Zeen translates to 'the good life', a philosophy that guides every element of a stay at this Greek island haven.

Tranquil suites and villas, built from sun-warmed stone by local craftsmen to blend into the natural surroundings, sit on verdant hillsides, overlooking the breathtaking beaches and shimmering Mediterranean below. Just lying by the pool, a glass of cool, minty-green juice in hand, is enough to induce total relaxation – and as an exclusive, adults-only retreat, the peace and quiet is never interrupted.

With healing seaweed products from Irish brand Voya and Greek botanicals by Ariadne, every visit to the Idor Spa is an all-natural



experience. Start your time here with a Jet Lag Recovery treatment, which uses mocha scrubs and lymphatic drainage massage techniques to tackle travel fatigue. Then work your way through the lengthy treatment list, where options include Tibetan-inspired sound healing, indulgently cleansing hammam scrubs and calming aromatherapy. Whether your aim is relaxation, detox, skin revitalisation or organic prenatal pampering, you'll find what you seek in the serene ambience of the spa.

The wellness programme continues at Gaia and Selini restaurants. Both specialise in modern interpretations of Greek classics, drawing inspiration from the Hippocratic concept of food as medicine. Dishes use ingredients harvested from the chef's garden. From suite to spa to supper table, a stay at F Zeen is nourishment not only for the body, but for the soul – the good life, indeed.

For more information, please call 020 7183 5383 or visit fzeenretreat.com @f_zeen_retreat