

October at F Zeen retreat: an 'Eat Pray Love' experience



Extend the summer and explore one of Greece's most precious gems

Surrounded by turquoise waters, F Zeen is an adults-only retreat located on the sandy coastline of Kefalonia island.

Influenced by Greek primordial culture, the retreat celebrates the good life in over 15 acres of Eden-like environment, where nature is the focal point. Its fusion of Mediterranean terroir with tropical flora is home to

three swimming pools, two restaurants, three spas, outdoor fitness gyms and private yoga decks overlooking the Ionian azure.

The sandy beach at F Zeen retreat is a perfect spot to lounge using the private sunbeds and umbrellas while absorbing your vitamin D or enjoying the many activities offered, from kayaking to snorkelling.

F Zeen celebrates Emotional Wellness Month this October with a Self-Discovery Through The Elements Of Nature Retreat, including yoga and meditation sessions, spa treatments and hiking activities, all of which promise a harmonious connection between mind, body and soul.

This October, disconnect and embrace the good life at F Zeen retreat.

F ZEEN

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embrace the values of
the good life at
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