

9 KEFALONIA, GREECE
F ZEEN KEFALONIA





HOTEL HIGHLIGHT

The name F Zeen (ευ ζην) means “the good life” in ancient Greek, and this retreat embodies the art of living well, reminding us to enjoy nature's beauty and barefoot luxury.





FZEEN KEFALONIA prides itself on creating a blissful nature-focused retreat that encourages guests to harmonise their mind, body and soul with mother nature. To support their visions and values, the resort is neatly set in its own verdant grounds, draped across a hillside in the shadows of pine-forested Mount Ainos. On the southwestern coast of Kefalonia, the resort overlooks the sandy shores of Lourdas beach, with the shimmering sea just steps away and views stretching towards Zakynthos.

Mount Ainos serves as a striking backdrop, its black pines and Greek fir trees cascading down hillsides into higgledy-piggledy towns and fields braided with grapevines and olive groves. Explore the Omala Valley, with stops at Fragata and Valsamata, and visit the Monastery of Agios Gerasimos, steeped in legend and history.

This adults-only resort embodies the island's timeless ethos of connecting with nature and promotes a wellness-oriented lifestyle. This concept of wellness stems from Ancient Greek philosophy and is echoed in every aspect of the F ZEEN experience, offering everything from seaweed wraps to romantic sunsets and organic herbal teas.

You won't be short of activities and moments to relax with a choice of three freshwater pools and two outdoor gyms. Enjoy daily yoga and pilates classes, along with a variety of weekly classes such as kettlebell workouts, functional fitness and circuit training. Complimentary bikes, kayaks, and stand-up paddle boards are readily available, while the option to hire a personal fitness trainer or join a wine tasting or cocktail masterclass adds to your cherished honeymoon experience. Comfortable loungers dot the decks and pool terraces, surrounded by fragrant banks of olives, lemons, cypress and bougainvillea.

Accommodations cater to a variety of tastes and budgets, ranging from Classic Garden Retreats to Superior Raw Retreats and luxurious suites. For honeymooners seeking an unparalleled

experience, we recommend the the hotel's decadent suites or one-bedroom villa boasting vaulted ceilings, expansive windows, curved walk-in showers and super-king beds.

With a heavy focus on a seamless transition from indoors to outdoors; the sandy-hued stone to neutral tones imbue the suite interiors with a calming ambiance. But it's not just the aesthetics that impress – practicality meets innovation here as guests are encouraged to download the hotel's dedicated app, giving them easy access to activity reservations, room service, spa treatments, while accumulating points for the resort's loyalty program.

For laissez-faire grill evenings, indulge in mezzes, salads, grilled meats, and cocktails at the Gaia Restaurant & Bar. For a more refined dining experience, Selini offers fresh, modern interpretations of traditional Greek cuisine in a relaxed atmosphere. In the evening, opt for a corner table at Selini, order a cocktail (or two) and sit back to gaze at candyfloss-coloured skies to the west as the sun dips down. The punchiest kalamata

olives are a must-try, harvested from the neighbouring olive groves and served in a pool of salty olive oil. Pushing forward farm-to-table freshness, the hotel grows its own vegetables and fruits in their gardens.

The resort hosts a plethora of exclusive events, including reformer Pilates, outdoor movie nights under the starlit sky at the amphitheatre, Greek dancing, morning tea with freshly prepared ice tea and local Greek honey, and cocktail making classes. Plan an early dinner to fully enjoy the outdoor cinema, complete with food and drink service directly to your seat.

Book a stay at this eco-luxury resort for unforgettable memories.



www.fzeenretreats.com
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“Honeymoon chill vibes are the order of your stay, thanks to yoga decks, plush lounge areas, and pools tucked in fragrant gardens with panoramic views of the Ionian sea.”