



Above: one of F Zeen's pristine swimming pools, which offers a panoramic view of the Ionian Sea. Below: a luxurious bedroom

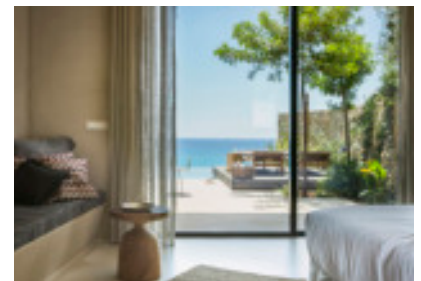
# Room to RENEW

When the chaos of the world seems endless, cocoon yourself in wellness-boosting bliss with a health retreat at F Zeen, where serenity and luxury unite

**A**FTER TESTING TIMES, it's hard to imagine a better place to reconnect with both nature and oneself than F Zeen. This boutique five-star retreat overlooking the serene bay of Lourdas in Southern Kefalonia combines the luxury of a world-class hotel with a unique sense of place. And on top of this, health-boosting options abound.

The hotel has been built to preserve and enhance its scenic surroundings, with stone walls, an eco-friendly ethos and a variety of rooms, each with their own unique interior style. From a classic room nestled within the fragrant gardens to a three-bedroom villa with a private pool or a terraced penthouse suite, there is a spot to suit every need at F Zeen. Muted tones, rattan touches and exposed brick and woodwork mean that serenity rules. With rooms spread over six acres, there's also plenty of space to relax and remain distanced from fellow guests.

For fitness, there are daily yoga sessions, including aerial classes, plus two outdoor gyms. The hotel also offers a wide variety of health retreats, designed to heal both body and mind.



Three carefully crafted programmes will go ahead in May 2021: the Strength & Balance Retreat will bring a fresh new perspective to your exercise regime by adding a much-needed element of adventure; the Aerial & Meditation Retreat will help you deepen your yoga practice and introduce you to aerial methods; while the Mindful Detox Retreat provides the perfect combination of yoga, meditation and fitness.

Equally beneficial is the retreat's divine spa offering, in which treatments incorporate ancient Greek philosophies and organic, natural products for top-to-toe rejuvenation. ■

For further information, call 020 7183 5383 or email [reservations@fzeen.net](mailto:reservations@fzeen.net)