



GREEK SANCTUARY

F Zeen on the island of Kefalonia in the Ionian Sea is the perfect spot for those seeking a relaxing holiday that offers an antidote to the stresses and strains of daily life

On the idyllic island of Kefalonia off the western coast of Greece, F Zeen is the perfect place if you are craving a slower pace of life. Nestled within 15 acres of trees and plants and set against the backdrop of the Ionian Sea, this rejuvenating retreat offers understated and elegant accommodation and a much-needed escape from daily life. Within tranquil surroundings, guests may choose to simply enjoy the soothing setting, feast on meals crafted from ingredients freshly sourced from the chef's garden, or indulge in a visit to one of its

three luxurious spas for a relaxing treatment, including seaweed baths and sound healing therapies.

For those who are looking for a more active break, there are daily hikes to beautifully secluded beaches, a choice of fitness classes in a two-tiered outdoor gym, paddle-boarding and yoga sessions. Underpinning everything at F Zeen is a belief that living simply in natural surroundings will have a rejuvenating effect, allowing guests to reconnect with the world. This year, F Zeen is introducing a programme of workshops and events aimed at helping their guests to achieve a better balance in their lives. This includes full-moon rituals, nature tours of the island and gastronomy days. Along with the retreat's loyalty scheme that gives exclusive rewards, F Zeen is launching a new project this year: a hotel in Athens, which champions a similar ethos.

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