

**F** Z E E N

K E F A L O N I A

# LOCATION

F ZEEN KEFALONIA is nestled in a picturesque location on the western coast of Kefalonia, Greece.

Surrounded by lush gardens and overlooking the sparkling Ionian Sea, the Retreat offers a serene and idyllic setting for relaxation and rejuvenation.



# PHILOSOPHY

At F ZEEN KEFALONIA, we believe in the power of finding balance and harmony in our lives. Our philosophy revolves around creating a space where guests can disconnect from the stresses of everyday life and reconnect with themselves, embracing a holistic approach to wellbeing.

F ZEEN translates to bliss (eudemonia) and it is the epitome of living a good life in which mind, body and soul connect in absolute alignment.

# ARCHITECTURE AND DESIGN

With architecture that blends seamlessly with the land, F ZEEN KEFALONIA design invites harmony and is inspired by sustainable practices.

Thoughtful spaces and natural elements intertwine, reflecting the luxury that exists within nature.







# FACILITIES

74 Rooms, Suites and Villas

Outdoor Cinema

Golf Simulator

Boutique Shop

2 Restaurants

24hr Concierge

Tennis Court

Padel Courts

4 Yoga, Pilates + Fitness Outdoor Decks

Yoga, Pilates, Fitness, Reformer Pilates, Meditation Classes

Pilates Reformer Deck

Spinning Deck

3 Swimming Pools

3 Spas

2 Outdoor Gyms

Watersports: Kayak, Snorkelling, SUP, SUP Yoga + Pilates

Personal Training

Volleyball Court

Additional Hikes

Library

Beach Bar

Room Service

Chef's Garden

Residents-only Beachfront

Courtesy Facilities

Breakfast inc a la carte + buffet

# STAY

74 keys: 15 room categories, 3 suite categories, 5 private villas



- CLASSIC GARDEN RETREAT

- CLASSIC RETREAT

- SUPERIOR RETREAT

- SUPERIOR RAW RETREAT

- SUPERIOR RAW RETREAT  
SIDE SEA VIEW

- LUXURY RETREAT

- TERRACED PENTHOUSE

- FOREST RETREAT WITH JACUZZI

- SUPERIOR RAW RETREAT WITH  
SWIMMING POOL

- HILLSIDE RETREAT

- SUPERIOR RAW MEZZANINE

- SUITE 103

- SUITE 100

- 3 BEDROOM VILLA

- 1 BEDROOM VILLA



# THE EXPERIENCE

We believe in balance and that its meaning varies according to each individual and what aspect in their life requires attention.

For this reason, we have created an environment that offers many activities to enjoy as part of your stay with us.

This is what we call 'The F Zeen Experience', doing as much or as little of what we have on offer.



# WHAT IS INCLUDED

Breakfast Buffet and À La Carte

Yoga, Aerial Yoga, Fitness and Pilates Classes (except Pilates Reformer)

Meditation and Sound Healing Sessions

Use of our SUP Boards and Kayaks

Morning Hikes

Movie Screenings every night in our Outdoor Cinema

Access to our Chef's Garden

Carefully Selected Gifts each evening

Exclusive Beachfront Sunbeds

Access to our extensive Library



## YOGA



F ZEEN KEFALONIA features three alluring outdoor yoga decks: Armonia, Zenia and Raw.

Each deck has a unique characteristic, offering an unrivalled ambience for yoga and meditation.

Guests are also welcomed to use the decks on their own.

## PILATES



Experience the transformative power of Pilates.

Our expert instructors will guide you through invigorating classes, helping you strengthen your body, improve flexibility, and achieve inner balance in a serene and luxurious environment.



# OUTDOOR GYMS AND FITNESS DECKS

Exercise in the fresh outdoors in our two-terraced outdoor gyms and two fitness decks, finished to high specifications.

Using the best possible equipment including Technogym treadmills, cross trainers and rowing machines.

Each deck boasts a wide range of equipment to cater to all training needs including TRX, suspension, boxing bag, skipping ropes and kettlebells.





# ACTIVITIES



## TENNIS

Bring along your energy and good mood and get ready for a game of tennis in the stunning environs of F ZEEN KEFALONIA.



## SNORKELLING

Discover the vibrant marine life beneath the surface as you snorkel at F ZEEN KEFALONIA.



## GOLF SIMULATOR

Master your swing with our state-of-the-art Foresight Golf Simulator.



## HIKING

Enjoy guided hikes on Mount Ainos, Paradisi Beach & the ruins of the ancient monastery of Sissia.

## REFORMER PILATES DECK

Reformer Pilates is a great way to strengthen your body and improve your balance.

Our exceptional Reformer Pilates Deck is supplied with state-of-the-art equipment, offering a targeted and enjoyable workout experience.



# SPA

IDOR | WELLNESS | AETHERA

F ZEEN KEFALONIA'S Spas offers a holistic experience within a healing sanctuary.

A haven in which to rejuvenate and pamper yourself.



# RETREATS

Throughout the season F ZEEN KEFALONIA offers a wide variety of mindful retreats centered around wellbeing.

Providing the perfect environment that encourages healing and balance within the mind, body and soul.





# DINE AND DRINK



Selini and Gaia are our two restaurants that embrace a sustainable ethos, where our Executive Chef and his team curate a menu based on tradition, seasonality and innovation with nourishing Greek recipes in mind.



"Let food be thy medicine and medicine be thy food"  
Hippocrates



# CHEF'S GARDEN

Balancing nutrition and  
environmental accountability.

Homegrown ingredients harvested from the privately  
owned organic vegetable garden and the generous  
benefaction of  
the Greek land and sea.

With care and love we grow a lot of the produce for our  
restaurants without the use of any fertilizers or pesticides.

The care and attention that goes into this process is  
reflected in our dishes.





# GARDENS

Our gardens are home to approximately 98 different species of plants and herbs. They are an intrinsic part to our retreat and we have been sure to minimise any disturbance to the surrounding nature. The gardens have been meticulously created to encourage a thriving eco-system as well as providing a therapeutic and visually stunning journey through the retreat.





## F ZEEN BOUTIQUE

A homage to the local craftsmanship, F ZEEN BOUTIQUE embodies the ethos of F ZEEN KEFALONIA focusing on natural fabrics and materials with a conscious and sustainable approach.



## F ZEEN JEWELLERY

F ZEEN JEWELLERY is handmade with love from semi-precious stones and pure silver and are the perfect gift to bring home from Greece.





# F ZEEN

## KEFALONIA

Lourdass Beach Road, Kefalonia, Livathos,  
28083, Greece

T: +30 26710 31423 , M: +44 (0)207 183 5383

[kef@fzeenretreats.com](mailto:kef@fzeenretreats.com) |

[kef.res@fzeenretreats.com](mailto:kef.res@fzeenretreats.com)

 [fzeenretreats.com](https://fzeenretreats.com)  [fzeen\\_kefalonia](https://www.instagram.com/fzeen_kefalonia)  F Zeen Kefalonia