

A PRIVATE PARADISE

In a quiet spot on the Kefalonian coast, F Zeen offers the ultimate retreat for those seeking a relaxing holiday with a distinctly Grecian flavour

Just south of Kefalonia's capital Argostoli sits the quiet seaside resort of Lourdas, with a long sweep of white sand backed by lush forest and the island's tallest mountain, Mount Aenos. This is the peaceful setting for F Zeen, a family-run, adults-only luxury retreat surrounded by nature, where guests come to reconnect and recharge.

Spread across four intimate, traditional stone buildings, the restful rooms all take a simple, pared-back approach to design through soothing hues, natural materials (marble, hammered copper, bespoke hand-cast basins) and hand-crafted finishes that result in a beautiful raw elegance. These include the seven new Superior Retreats, each with a sea-facing pool moments from the beach and a wooden deck with loungers under a shady pergola – the perfect spot for an afternoon nap.

Guests can make the most of the idyllic location, whether by jogging along the beach, signing up for a morning hike to the ruins of a nearby

monastery or taking part in daily complimentary classes that range from gentle Hatha yoga and aerial meditation to heart-pumping HIIT and circuit training. There's an outdoor gym with stunning sea views; kayaks and paddleboards for exploring the coastline; and a pair of tranquil yoga decks where the scent of jasmine in the air makes for an unforgettable sense of calm. And, as the retreat is residents-only, you'll always find plenty of space to relax around the pool, too.

In the holistic spa, rejuvenating treatments all use products based on the wild herbs that can be found growing throughout Greece, and the food champions homegrown vegetables and locally sourced produce with deliciously healthy dishes. And if all that isn't tempting enough, book direct and you'll receive a five percent discount on accommodation and 10 per cent off in the restaurants, bars, spa and boutique shop.

Further Information

Visit fzeenretreat.com or call 020 7183 5383

