

HOUSE OF COCO



Autumn Retreats To Boost Your Wellness

House of Coco resident wellness expert Anji Mcgrandles rounds up the best autumn retreats that will boost your wellness for the new season

End the year with a wellness escape that nurtures both body and mind. Across the UK, Europe, and beyond, a host of rejuvenating autumn retreats and residencies await travellers looking to unwind as the seasons change. From luxurious spa resorts in Greece to tranquil yoga retreats in the Mediterranean, there is something for every wellness warrior.

Whether you're seeking mindful meditation, restorative spa therapies, or invigorating outdoor adventures, these handpicked autumn getaways promise to revitalise your spirit and refresh you for the season ahead.



Set on one of the highest points of Santorini, Andronis Concept blends seamlessly into the hillside and resultantly offers the utmost of privacy — it's no wonder several Hollywood A-listers visit every summer. This summer, the resort reopened following a total transformation, with a "Sleep Well" ethos in mind to enhance guests' wellbeing and vitality during their stay. All 28 guestrooms are now equipped with Sleep Well mattresses featuring memory function, pillow and duvet menus to suit individual preferences, meditation and deep healing channels and Wellness Mini Bars brimming with organic treats and wellbeing products. Food served throughout the resort has also been adapted to enhance rest and sleep. Breakfast, lunch, and dinner selections will be sugar-free and predominantly gluten-free and evening meals will be magnesium-rich to help switch nervous systems from active mode to rest and digestion.

Rates at Andronis start from £590, including breakfast.