

From: goop <feedback@em.goop.com>

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Back in 2004, I was very pregnant with Apple and celebrating a belated hen weekend—baby shower in the British countryside when I had my first treatment with Vicky Vlachonis. Even back then, I knew she was different. There was something intuitive about the way she worked—deeply physical but emotional, too. Her treatment blended reflexology, craniosacral therapy, somatic release, and visualization in a way that felt both ancient and entirely new. The experience really moved me—and I’ve been seeing her religiously ever since.

Which is why I couldn’t be more thrilled to share an exclusive first look at her new mind-body wellness retreat, Elevations of Wellness, at Cape Sounio. Set on the Athens Riviera, it’s a sun-soaked escape where you can swim in the Aegean, eat like a local, and experience next-level treatments from the healer I’ve trusted for over 20 years. It’s not just a vacation—it’s a full-body reset. I’m already plotting my escape, so if you happen to book, don’t be surprised if we bump into each other between treatments.

Love,
Gwyneth

Inside Gwyneth's Go-To Healer's New Destination Wellness Retreat in the Athens Riviera



Olive oil shots, ancient Greek cupping, and breathtaking panoramas of the Aegean Sea await at Vicky Vlachonis's new holistic wellness program at Cape Sounio.

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