

# Valef Yachts, Greece: Luxury Yacht Wellness Retreat Experience

[Valef Yachts](#) provides a high-end wellness approach that seeks to support guests in reconnecting with their mind, body and spirit. They welcome wellness seekers in Greece with a holistic approach to rejuvenation. Valef Yachts offers the unadulterated charm of the Mediterranean.

Alexandra Lefakinis, one of two sisters that are managing partners in the family business explains, *“Defined living is about health and wellness, and we treat the yachting journey like a wellness retreat for recreation.”*

Alexandra’s sister Cassandra Lefakinis states, *“While guests feel truly liberated as they soak in the peace that the sea offers, on its own, we built on that abundance of raw nature.”*

A first introduction to the splendor of Greek bounty awaits guests in their onboard welcome basket of Greek products individually selected for each charter group. “A favorite is Mastiha, a liqueur made from resin exclusively harvested on the island of Chios. It is a fantastic digestif with positive effects on oral health,” Cassandra explains.

## **Personalized Menus**

Organic and locally sourced produce is carefully prepared by onboard master chefs for personalized menus according to individual dietary needs and desires. “The Mediterranean diet is a sought-after ‘no fuss’ detox,” says Alexandra and adds: “Guests immerse into the Greek culture with local dishes that are based on fresh fish, wild herbs, and seasonal fruits such as the East Mediterranean figs that are only available in August.”

## **Onboard Spa**

Valef Yachts offers the finest fleet of chartered yachts in Greece and the Mediterranean. The contemporary and vintage yachts of today are equipped with sumptuous onboard spa facilities ranging from jacuzzis, massage and therapy rooms,

steam rooms and saunas, to be complemented by personal fitness and yoga instructors and private wellness therapists who come on board from various islands.

### **Sea Toys**

With private scuba instructors, guests dive into the abundance of aquatic beauty and get mesmerized by underwater life and ruins. The crew assists in displaying a wide range of sea sports from the swim platform of the yachts such as paddle boarding and kayaking. The yachts come with sea toys such as wakeboards, sea bobs and jet skis “not only for entertainment, but to release endorphins,” Cassandra says. Amongst the favorite of the youngest guests, who are carefully looked after and pampered by the crew, is the inflatable yacht slide.

### **Freedom of Discovery**

“We cater to discovery, and our guests become explorers who enjoy the ultimate feeling of freedom that comes with it,” Cassandra Lefakinis says.

First-time charterers gravitate towards motor yachts due to their speed and space which typically means more onboard facilities and opportunities for more recreational activities, and comfort.

The Valef Yachts team recommends the dynamic motor yacht AQUILA to enjoy new adventures in sea sports with recreational equipment such as Kymera, an electronic body board which lets you glide on the water. Ample space on the sun deck of the motor yacht MI ALMA allows for a sunset yoga session under the gaze of ancient Greek temples, followed by continued relaxation in the on-deck jacuzzi.

### **Natural Healing Spots**

The heritage company Valef Yachts, Greece’s very first luxury yacht charter to open business back in 1969, holds the best kept secrets to drop anchor in Greece.

“Singular landscapes with natural healing properties are amongst the favorites of our guests,” Alexandra reveals.

In Milos with its numerous hot thermal springs all over the island, guests can take a bath and enjoy the benefits of this natural wonder that stimulates circulation, reduces stress and pain, and even promotes sleep. In the hot springs of Pali Kameni in Santorini, a dip in the rich green waters with sulfurous mud soothes aching joints and calms the skin.

Consider a wellness vacation in Greece with Valef Yachts. Be sure to return again and read the latest [luxury travel](#) and yacht industry news.

Photo: Valef Yachts