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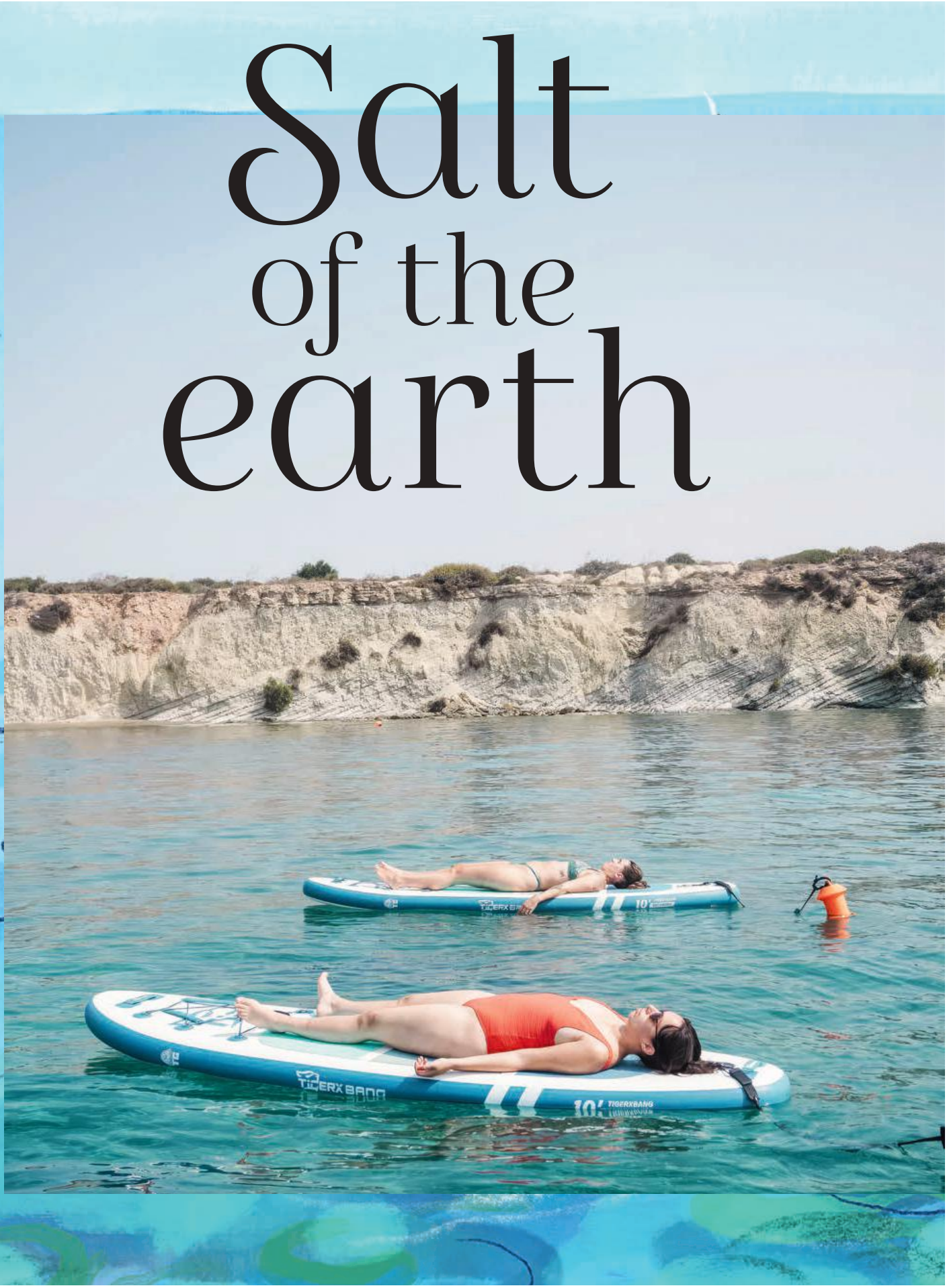
Salt of the earth



PHOTOS: REBECCA ZEEB

Mythical mud

Greek mythology beckons at the Adonis Baths near Paphos, where lovers Adonis and Aphrodite are said to have met and bathed together under the trickling falls. Today, clear blue pools of water and mythological statues flank the forested beauty spot. But the real draw is the mud therapy, where mineral-laden, detoxifying natural mud is applied to the body – the perfect counterpart to a refreshing swim in the falls.

Further inland into the Troodos Mountains, fertile hiking trails wind to more waterfalls, and the ancient spa village of Kalopanayiotis, which sits among sulphur-rich spring waters, celebrated for their curative properties for centuries. These waters form the foundation of treatments for many nearby spas. A wellness retreat at Casale Panayiotis offers bathing rituals promising to soften the skin, relieve swelling and joint pain and fight disease. casalepanayiotis.com

Beauty sleep

For the creatively inclined, The Agora Hotel in Lefkara, 30 minutes from Larnaca, is the ideal launchpad into Cypriot wellness. Tucked among this traditional lace-making village's narrow, sun-dappled streets and with a soothing, Scandi-style interior, the hotel generates an immediate sense of calm. While respecting of Cyprus's cultural roots – think traditional hand-stitched lace on linen-covered tissue boxes and pottery workshops to connect with local craft – it's effortlessly modern in its approach to wellness. The spa menu goes well beyond the typical, offering treatments like Reiki and reflexology that feel genuinely restorative, not just indulgent, and those brave enough to wear lycra in 30°C heat can take one of their custom-designed, carbon road bikes out for a spin. From weekly yoga to Sunday hikes, the adults-only Agora offers wellness that's deeply rooted within the surrounding landscape. **theagorahotel.com**

Wizz Air flies to Cyprus

PHOTOS: ADOBE STOCK . COURTESY OF THE AGORA HOTEL