



Family holidays get a restorative twist at Daios Cove, Crete



SPA *Trek*

Daisy Finer takes a deep breath at Daios Cove, Crete

How many of us have snapped at our children because what we are really dealing with is emotions rooted in something else? The parenting journey is never single track. We criss-cross parallel dimensions. Not just juggling work schedules with social pressures, but with the hardened bones of human existence: grief, divorce, financial worries, work wrangles, twists of friendship. These layered experiences, our multiple roles, the guilt we feel when we lose control, put on extra pounds, harbour habits, is a fundamental reason why self-nurture is so paramount. It's not just about massages. It's about creating a full stop. A place to pause, so that the vibrations ricocheting through our central nervous system can find a healthier outlet.

So, where can parents escape to when they need to recalibrate but also to bring the whole gang along? For anyone wishing to combine a child-friendly getaway with a serious spa get-up, Daios Cove in Crete has the answers. Everyone, from toddlers to teenagers, will enjoy the all-singing resort: a soft sand beach, suites and villas with their own private pools, water sports, paddleboarding, tennis, boats. There's a kids' club for little ones, cookery classes, and excursions to local farms. Buggies and funiculars provide a fun way to get from one level of the dazzling coast location to another. Yes, it's a big place, but it's also intimate; polished without being pretentious, organised but with a dose of laidback cool. Firepits and music nights included.

The relief of knowing that each of the four restaurants will have something to keep the whole family happy is enough to ensure you're

humming by day two. There are vegetable purées aplenty, as well as burgers, pizzas and ice creams, and sophisticated adult choices which fit the bill for healthy intentions. Enjoy homemade muesli, açai bowls, nutrient dense salads, grilled fish, local vegetables and fresh juices ordered to your pool lounge. There are even wellness cocktails; like the 'celery fizz' with gin and Cretan honey. Clever.

Equally on pulse is the spa itself. This year it was relaunched as 'Kepos by Goco', and comes complete with thermal bathing pools, a high tech BXR gym, and a thoughtful combination of holistic healing and innovative medical technology. Advanced biometric testing and 3D Styku diagnostics (followed by live video consultations), deliver insights into your metabolic rate, breathing, posture and stress levels. Regenerative treatments include cryotherapy: an ice room where you can dance away three minutes listening to *Eye of the Tiger* whilst fortifying immunity, and sessions in the infrared sauna to release muscles. There are IV vitamin infusions, an oxygen chamber (like sitting inside a plane, only with uber-charged air purity) and for the brave, colonics. Additional sprinkles include boxing, aerial yoga and sound healing. Of course, there are beautiful massages and facials too, with therapists who give from the heart. The point is to create your very own spa retreat in sync with your definition of a family holiday. My advice? Put your own oxygen mask on first.



BOOK IT: From €494 per night, based on a Deluxe Sea View room for two, on half board. Spa programs start from €850 for the two-day 'Insight to Wellness'. daioscovecrete.com