



Cretan Malia Park announces summer 2024 programming

This design-led Cretan escape offers nourishing food, thoughtful retreats and soulful experiences for all ages



London, January 2024 – [Cretan Malia Park](#) is a relaxed, design-led resort blending Cretan hospitality and slow-paced living with nourishment of the mind, body and soul. The flora-filled sanctuary overlooks the sparkling Aegean Sea, providing the perfect hideaway for like-minded couples, friends, solo travellers and families alike. Protection of the land, culture and people is reflected in all aspects of the hotel experience, and Cretan Malia Park is committed to conscious hospitality that helps celebrate and preserve the island for future generations.

From April 2024 when the hotel reopens, guests are invited to experience the Cretan way of life, whether it's through slowing down and enjoying the local cuisine and landscapes, or by reconnecting with themselves through one of the wellness retreats specially curated for Cretan Malia Park. Younger guests will not be left out, with plenty of exciting and engaging activities for them to enjoy, inspired by Greek culture and heritage.

New for 2024:

Reset and Reconnect at Cretan Malia Park

This restorative retreat series that will leave guests feeling rested, refreshed and reconnected with themselves both physically and mentally.

Get Salty with Jenny Fisher – 22-27 April 2024

Jenny Fisher is a full-time working mother of two boys, and decided to create an online training app for women to effectively train virtually with the little time they could manage. She saw a need in the fitness world where busy women wanted someone that could understand their daily struggles and responsibilities and teach them how to put themselves as a priority through the chaos while being highly effective with their time.



Now in its third year, the Get Salty Retreat is back to empower women of all backgrounds and fitness levels through purposeful movement, mindfulness, and confidence-building. Jenny will teach guests about proper fuelling practices and the importance of balancing fitness with rest and mindfulness.

From €1760 per person. Price includes:

- 5-night accommodation at Cretan Malia Park
- All sessions with Jenny Fisher
- All breakfast meals
- All dinner meals
- Half-day Mirabello cruise
- Knossos guided tour

Luxury meets sustainability - Pilates & Yoga Retreat with Bodyworkers – 3 - 7 October 2024

This fitness retreat is hosted by Bodyworkers, the renowned German fitness studio, and will include exercises that vary from powerful, to relaxing positions that promote calm and slowing down. During their free time, guests are invited to enjoy a restful sleep, read a book, relax by the pool, enjoy nature while hiking through the picturesque landscape, take a trip to the nearby village or treat themselves to a massage.

In the evening participants will feast on an authentic Greek menu, all freshly prepared using regional and seasonal products, most of which are grown in the hotel's own garden and freshly harvested by the chefs.

From €829 per person.

Soundhealing Retreat with Manolis Zografakis - 8 June / 12 July / 21 September

Manolis learnt traditional sound healing techniques in Kathmandu, Nepal, using Tibetan singing bowls and gong under the guidance of Master Shree Krishna Shahi, a third-generation Tibetan bowl sound healer. Since settling in Crete in 2020, Manolis has been offering both group and private sound therapy sessions aimed at relaxation, balancing energy centres (chakras), and providing relief from stress, insomnia, pain, and more. Guests joining the sound healing retreat at Cretan Malia Park can expect to immerse themselves in the magical, universal sound of the bowls and experience a type of relaxation they may have never encountered before, all within the calming surrounds of the hotel's gardens.

Price TBC – contact reservations@cretanmaliaipark.gr for more information

Family fun

With tailored services and amenities that ensure children enjoy a playful, engaging holiday and allow parents time to relax, Cretan Malia Park is the ultimate family friendly resort. Parents are invited to retreat to the Cute Spa or relax by the pool while their little ones are kept entertained by activities offered throughout the hotel, or for younger children there is the baby room, a haven of peace for babies aged between 1 month and 3 years.

Greek-inspired learning for little guests



Within the resort's lush gardens is the impressive Little Explorers Kids' Club, which encourages children to be creative, inventive and makes learning fun. Open from 10am until 9pm seven days a week for kids aged 3 – 12, here little guests can expect a nourishing programme of activities with a focus on the destination including crafts, games and lessons related to Crete's myths and legends. Crete is cited in many of the Greek myths so there is nowhere more inspiring to learn the lessons of the dramatic stories that have influenced storytelling ever since, carrying powerful messages that still ring true today. Taking the learning outside, mini gardening will also be on offer at the Organic Kids Club Garden. Here children can enjoy seed planting and vegetable planting, learning as they play.



The Place

Not forgetting the teenagers, The Place is a hangout located next to the tennis & basketball half court. The outdoor space features a large water tub and tall trees with hammocks; table tennis, billiards and darts that will keep young people busy from morning until evening, when the area transforms into the perfect evening hangout with moon lights, poufs and cinema screenings by night.

Cinema at the Place is available three times a week.

Cook and eat the Cretan way

The Bostani and Cretan Soul experience

The Phāea Farmers Bostani experience encapsulates the ethos of Cretan Malia Park - conscious hospitality that blends original living with authentic experiences. A 'bostani' is the Greek term for a small garden where you grow your own vegetables. With the support of local food experts, Phāea has developed the [Phāea Farmers Programme](#) where, in low season, staff who also have small holdings work with agronomists specialising in sustainable organic farming methods to learn to grow in a way that replenishes the environment. In turn, this cultivates incredible produce that is sold to Cretan Malia Park and its sister hotel Blue Palace at a fair price. Bringing this to life, and allowing guests to experience and sample this incredible homegrown produce in the hotel's own kitchen garden, is the Bostani experience. Hosted by Executive Chef Lefteris Iliadis, guests are taken on an immersive tour of the gardens before cooking up a delicious feast using the freshest of vegetables grown on Crete.

Guests can also opt for a Bostani Breakfast – a delicious and nutritious meal that perfectly represents the traditional cuisine of Crete. The breakfast includes a variety of local products and a selection of seasonal fruits, vegetables, and herbs picked straight from the hotel's gardens.



Also hosted by Chef Iliadis is the Cretan Soul experience, which invites budding chefs to hand-pick their own vegetables for a cooking lesson at Mouries – a traditionally charming open-air space with an outdoor kitchen island and open fire, which is surrounded by mulberry trees and an abundance of flora and fauna. Kalí óreksi!

Kafenio

Cretan Malia Park's traditional Kafenio ("kafenía" are coffee shops, and are usually a family affair) will also be home to a selection of books based on Greek myths and legends, so children can continue to absorb the soul and substance of these ancient tales, whilst their parents enjoy the wonderfully simple coffee, alongside typical Cretan meze dishes, delicious local desserts and great tsikoudia (also known as raki, a Greek spirit native to Crete).



Conscious hospitality

At Cretan Malia Park, guests can relax, knowing that sustainability informs every decision. The resort continues to support a farm-to-fork strategy and sources environmentally friendly products that minimize waste. Sustainable landscape management on site means guests experience a pesticide-free environment. By composting organic waste, Cretan Malia Park generates natural fertilizer for the 8,000-square-foot certified organic garden. The property supports staff that farm their land via the Phāea Farmers Programme, creating more value and quality production for the farmers and resort's kitchens. The new Phāea Plan Bee Programme will boost bee pollination, helping plants to prosper.

ENDS

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About Phāea

Phāea (Golf Residences SA.) is a private Greek family company passionately committed to reshaping the landscape of Greek hospitality. Inspired by the integrity of the Cretan soul, Phāea stands as a visionary in Greek Hospitality, dedicated to curating meaningful travel experiences for like-minded individuals. Marrying integrity



CRETAN MALIA PARK

with care, and expertise with passion, Phāea embraces innovation, sustainability, and family values to create concepts that honor people, guests, and associates alike. The company operates 4 hotel properties under the Phāea Brand, each reflecting a deep respect for the culture, heritage, and environment of Greece. As a female-led company, managed by second-generation hoteliers Agapi and Costantza Sbokou, Phāea is more than a hospitality brand; it is a collection of Cretan escapes that evolve with the destination. Evident in every interaction, Phāea is dedicated to creating a truer, more timeless Greece that is worth celebrating.

For more information, please visit [Phāea website](#).