

MINOS PALACE RESORT

Crete, Greece

Classical Greece meets space-age chic at this adults-only hilltop sanctuary showcasing the astounding beauty of Mirabello Bay in north-east Crete. From the moment you step into the lobby, with its expansive through-views across a glamorous pool scene to the sea and sky beyond, the allure of the Nao spa – a hub for cultivating holistic longevity – intensifies. Transformational wellness is the focus here, boosted by a blue sky, bluer sea, private beach, alfresco restaurants and bars, stylish bedroom havens and striking art. Throughout the resort, the service is as empathetic as the dedication and caring of the spa's medical team; and there are lots of cross-over touches, such as an elixir of honey, turmeric and ginger in the rooms and potent juice shots at breakfast. But with facilities that resemble a contemporary art exhibition – take the sensory shower tunnel, which offers a neurosensory immersion in water, light, aroma and sound synchronised to regulate the autonomic nervous system – a clinic Nao is not. Emphasising healthspan, not just lifespan, the team here aims to give clients ultra-personalised tips on how to live better, based on the core pillars of nutrition, sleep, movement and self-mastery. It starts before you embark, with a pre-trip DNA test that provides a genetic blueprint of your metabolic health, muscle and bone strength and cognitive functions, indicating how your body will cope with stress over time. After your arrival, these baseline insights are explained in a doctor-led consultation and pursued with prognostics and biometrics that focus on cardiovascular health, balance and strength; included is a body-composition scan that reveals your body-fat percentage, muscle mass and bone density. These are followed by targeted treatments that might involve sessions in the cryo chamber and red-light pod to reduce inflammation and boost lymphatic flow, or cerebral fitness training in the Brain Gym. Here, moving platforms challenge the brain-body connection and light-up sensors train visual reflexes. Who would have thought a spell in a vibroacoustic lounger would induce such calmness of mind? As for nutrition, resoundingly good advice is easy to follow when the breakfast buffet serves antioxidising pomegranate juice and lunch in Mom restaurant features tuna tataki brimming with omega-3 fatty acids. Nuggets of take-home wisdom range from vagus nerve stimulation to the importance of pleasure. At sunset, a Buccaneer's negroni before lobster linguine at Amar beachfront restaurant delivers just that. *Five-day Longevity programme from £4,200, full board (minospalace.com).*

At Minos Palace Resort, the Nao Longevity Hub takes its name from the ancient Greek for 'to flow', finding inspiration in water as the source of life

IN IT FOR THE LONG-HAUL

Enhancing healthspan needn't require copious supplements and interventions. Studies show that simply increasing your fibre intake by 10 grams per day can reduce your biological age by four years.