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Minos Palace, Crete review: “This five-star adults-only hotel is Greek luxury at its best”

Wellbeing is at this hotel's core

BY OONAGH BRENNAN PUBLISHED: 20 JUNE 2025

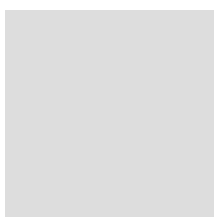
This luxurious, newly-renovated five-star and adults-only hotel sits on its own peninsula with 360-degree views of the sparkling Mirabello Bay in Lassithi, Crete, close to the pretty towns of Elounda and Agios Nikolaos.

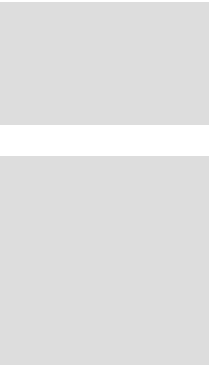
It's a super luxe, sophisticated resort: think polished concrete, elegant chandeliers and soothing natural tones.



In total, Minos Palace has 121 rooms and bungalows and 28 suites. We stayed in a Euphoria Suite with its own pool and private garden. The interiors were elegant, contemporary and super spacious. There was a king-size bed, sitting area with flat screen TV, wet room and walk-in wardrobe (great for me as I always over pack).

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MINOS PALACE

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As well as a stunning infinity pool at the centre of the property, there's a private sandy beach and sunbathing platforms carved into the rocks for secluded lounging, complete with breath-taking views. Water sports, tennis and scenic hikes are also on offer for the more energetic.

But it's the pioneering, newly-opened and state-of-the-art wellbeing hub that's the real jewel in the Minos Palace crown. Aptly called Nao (meaning flow), Nao offers science-based longevity programmes to target the specific hallmarks of aging, with a focus on sleep, movement, nutrition and emotional wellbeing.

Packages include everything from exploring cardio and metabolic health, to epigenetic testing. Guests can book in for anything from a day or up to a two-week transformation, receiving individually tailored treatments, custom meal plans, optimise sleep schedules and mindful practices.





Minos

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The wellbeing theme continues throughout the hotel with a great choice of delicious healthy dishes at the resorts' restaurants, Mom and Amar.

Both offer local, wholesome, seasonal and sustainable menus with an emphasis on traditional recipes and healthy ingredients from the organic herbal garden. Dining under the stars at the Amar waterfront restaurant, feasting on grilled prawns and octopus was a real holiday highlight.

MINOS PALACE

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Chic minimalist contemporary architecture, huge windows to enhance the views, and attentive staff dressed like Greek gods and goddesses all combine to create a unique, peaceful and stylish space.

If you like people watching then this is the hotel for you, attracting a cool, fashionable crowd. Be prepared to pack all the wafty, white dresses and glitzy Grecian sandals you own because posing around the hotel's elegant infinity pool is a very stylish affair.

Location

Minos Palace is a 50-minute transfer from Heraklion airport or 18 minutes from Chania Airport. By plane flights are around 4 hours from London.

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