

 bluegr | MINOS PALACE
RESORT

The Longevity Reset Retreat

Know Thyself, Awaken Longevity, Guided by Science

November 8 - 13, 2025

 | bluegr nao
longevity



ITINERARY

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
WELCOME / ARRIVAL Nao Tour Prognostics	07:00–10:30 BREAKFAST	07:00–10:30 BREAKFAST	07:00–10:30 BREAKFAST	07:00–10:30 BREAKFAST	07:00–10:30 BREAKFAST
OPENING CIRCLE/JOURNALING	07:30–12:30 PROGNOSTICS & HYDROTHERAPY THERMAL CIRCUIT	07:30–11:00 GROUP BRAIN GYM (3 groups - 07.30-08.30, 08.45 - 09.45, 10.00-11.00) / TREATMENTS	07:30 MORNING YOGA & BREATHWORK	07:30–11:00 GROUP BRAIN GYM (3 groups- 07.30-08.30, 08.45 - 09.45, 10.00-11.00))/ TREATMENTS	07:30 MORNING YOGA / STRETCH & BREATH
19:30 DINNER BUFFET Get to know each other	13:00 LUNCH Mom Restaurant set menu	11:30-12.45 FERMENTATION & COOKING CLASS	09:00–11:00 LEISURE TIME OR TREATMENTS	11:30-12:45 NUTRITION LAB Olive Oil Sommelier Tasting	10:00 CLOSING CIRCLE
	14:00–17:30 LEISURE OR TREATMENT TIME	13:00 LUNCH Mom Restaurant Set Menu	11:30 OUTDOOR ACTIVITY Connect with Nature	13:00 LUNCH Mom Restaurant Set Menu	11:00 TREATMENTS
	18:15–19:15 LECTURE with Dr Evi Hatzianeou	14:00–17:30 TREATMENT OR LEISURE TIME	13:00 OUTDOOR LUNCH	13:00 LUNCH Mom Restaurant Set Menu	FAREWELL / DEPARTURE
	19:30 DINNER BUFFET	19:00 INTERACTIVE DINNER-LECTURE with Nutrigenomics Specialist Elena Panzeri	14:00–17:30 TREATMENT OR LEISURE TIME	14:00–17:30 LEISURE OR TREATMENT TIME	
		21:00 MEDITATION SESSION Sleep Well	18:15–19:15 LECTURE with Dr Sean Altman	18:15–19:15 HOLISTIC LECTURE Dr George P. Chrousos	
			19:30 DINNER BUFFET	19:30 DINNER BUFFET	
			21:15 SOUND BATH WITH TIBETAN GONGS AND SINGING BOWLS	21:00 MUSICAL ODYSSEY Music Event	

-Before certain tests, a 3-hour fasting period is required.
-Treatments and Consultation as per personal itinerary.





Included Prognostics

PNOE COMPLETE METABOLIC ASSESSMENT WITH MACRONUTRIENT OPTIMISATION

Using the results of both resting and active metabolic tests, our expert team will go through the assessment step-by-step, highlighting areas to be addressed, what to be cautious of when training and the plan ahead. The bespoke program will be highly focused in response to these results covering exercise, nutrition and lifestyle changes.

PNOE RESTING METABOLIC RATE ASSESSMENT

This assessment measures how many calories your body burns at rest. The results provide important information regarding the amount of energy you expend throughout the day and help to identify areas for improvement regarding weight management.

PNOE VO2 MAX ASSESSMENT

This assessment is a crucial measure of cardiovascular fitness that reflects the body's ability to utilise oxygen during intense exercise. It provides a complete picture of your cardiovascular and metabolic function. This test analyses 23 biometrics such as aerobic capacity, lactate threshold and VO2 Max. The results offer valuable insights into your endurance potential, training efficiency, and overall fitness level, helping to optimize performance and tailor exercise programs for maximum results.

HRV ASSESSMENT

A highly effective assessment of your heart rate variability (HRV), a key marker of your autonomic nervous system's health. This is the system that regulates involuntary physiological processes and is triggered by stressful aspects of life. During this session, you will practice paced deep breathing, guided at a rate of six breaths per minute. This simple yet powerful challenge test helps determine the maximum amount of parasympathetic (vagal) activity your body can produce. It provides valuable insights into your overall HRV, with results closely correlated to more extensive 24-hour HRV measurements, making it a reliable snapshot of your nervous system's vitality.

WELLBEING BODY COMPOSITION SCAN

This body scan utilises advanced 3D imaging technology to capture a detailed representation of the body's surface. The process is swift, non-invasive, and remarkably precise. The software analyses the 3D model, providing a range of essential metrics. These include body fat percentage, lean muscle mass distribution, waist circumference, and more. The results are presented in an easily interpretable format, allowing for a comprehensive understanding of one's physique. Visual Representation: The scanner also generates visual representations, enabling you to see your body from various angles. This feature can be invaluable for tracking progress and identifying specific areas for improvement.

BALANCE AND STRENGTH ASSESSMENT

Enhance longevity and reduce injury risks by evaluating your stability, mobility, and coordination. This test focuses on identifying areas of improvement for optimal physical performance. Grip strength is measured by a device called a hand dynamometer. Lowered grip strength is a sign of frailty and associated with a high risk of dangerous complications. Good grip strength is associated even with immune system benefits. Balance Board Test evaluates body equilibrium, postural control, coordination, core strength, and proprioception. Advanced technology is used to assess weight distribution, force output, and dynamic balance, enabling personalized movement strategies

ANTIOXIDANT CAPACITY (GLUTATHIONE LEVEL)

Determination of the most important endogenous antioxidant through a simple blood draw, which lasts approximately one minute. The reduced form of glutathione (GSH), the most potent endogenous antioxidant, is then determined. Based on the measurement, a personalized nutrition plan is created.

BLOOD TEST

Determination of the most important endogenous antioxidant through a simple blood draw, which lasts approximately one minute. The reduced form of glutathione (GSH), the most potent endogenous antioxidant, is then determined. Based on the measurement, a personalized nutrition plan is created.

Hydrotherapy Thermal Circuit

At Nao, we redefine rejuvenation by integrating advanced longevity science with immersive wellness experiences. Designed to activate the body's intrinsic repair mechanisms, our facilities serve as a catalyst for cellular optimization, metabolic resilience, and holistic renewal.

VITALITY POOL

A dynamic aquatic immersion designed to enhance microcirculation, accelerate muscular recovery, and activate the body's natural healing processes.

INFRARED SAUNA WITH HIMALAYAN SALT WALL

Harnessing the regenerative potential of infrared wavelengths, this sauna penetrates deep into the musculoskeletal system to promote detoxification, relieve oxidative stress, and stimulate mitochondrial function. The Himalayan salt wall releases negative ions, enriching the respiratory system and enhancing systemic wellbeing.

HOT AND COLD PLUNGE

A targeted hydrotherapy protocol designed to modulate inflammatory responses, optimize vascular function, and fortify immune resilience through controlled thermal contrast.

EMOTIONAL SHOWER TUNNEL

A neuro-sensory immersion where water, light, aroma, and sound synchronize to regulate the autonomic nervous system. By activating specific neural pathways, this multisensory journey fosters deep relaxation, emotional recalibration, and cognitive equilibrium.



Included Treatments

2X BRAIN GYM GROUP TRAINING SESSIONS

Unlock the power of movement in our dynamic Brain Gym. Designed to enhance agility and cognitive function, these sessions blend strength, flexibility, coordination, and neuroscience-backed exercises to sharpen focus and reduce stress. Engaging and uplifting, they foster connection, motivation, and longevity through joyful motion.

2X CRYOTHERAPY SESSIONS

Step into the invigorating world of Cryotherapy, where brief exposure to sub-zero temperatures unlocks powerful, science-backed health benefits. This cutting-edge treatment stimulates your body's natural physiological responses, promoting healing, reducing inflammation, boosting energy levels, and enhancing overall rejuvenation. Each session lasts approximately 5 minutes, with a total booking time of 30 minutes to ensure a seamless and personalised experience.

1X PBM RED LIGHT THERAPY SESSION

Regenerate and restore on a cellular level in our state of the art light therapy pod. Working on the whole body, the red and near-infrared light accelerates recovery, relieves pain, relaxes muscles and joints, improves blood circulation, and reduces inflammation. It also promotes cellular repair and enhances overall vitality.

1X VIBROACOUSTICS SESSION

A non-invasive therapy that uses specific sound frequencies to help alleviate stress, anxiety, and sleep disorders. Synchronized binaural sounds and music, often paired with guided meditation, guide your brainwaves into relaxation, deep sleep, or focused mental states.

NEUROMODULATION SESSION

Experience the future of wellness with Neuromodulation, a revolutionary treatment designed to alleviate stress, ease anxiety, and improve sleep quality. Using gentle electrical currents, this non-invasive therapy works to harmonise your nervous system and restore inner calm. Tailored to suit your unique response patterns, Neuromodulation offers a cutting-edge approach to wellness, helping you achieve a deeper sense of relaxation and rejuvenation. Perfect for those seeking a science-backed solution to modern life's challenges, this treatment is your gateway to enhanced balance and tranquillity.

2X 60-MINUTE PRESCRIBED FUNCTIONAL BODY THERAPIES

We are more than just a body – we are a psyche too. The | Tides offers a series of highly effective, evidencebased BrainBodyMind Wellness™ treatments that seamlessly address the full spectrum of the psychosomatic body, synchronizing physical, mental, and emotional health and well-being. By integrating advanced techniques and wellness products, these therapies work holistically to promote balance, vitality, and relaxation. At the core of their BrainBodyMind Wellness™ method is a forwardthinking methodology and framework. Their treatments integrate the latest advancements in neuroscience and holistic medicine, blending traditional East Asian practices with Western (para-)medical techniques to enhance the brain-body-mind connection—leaving you revitalized in every sense.

1X 60-MINUTE WELLBEING BODY TREATMENT

Slow down with the help of The | Tides BrainBodyMind Wellness Treatments, designed to address the challenges of 21st-century living, while benefiting your overall health and wellbeing. Their signature BrainBodyMind Wellness™ method uses evidence-based treatments to help you destress from fast-paced life, restore balance and strength, detoxify from urban stressors and pollution, improve skin health, relieve fatigue, recharge energy, boost vitality and immunity, restore hormonal balance, and improve sleep quality.

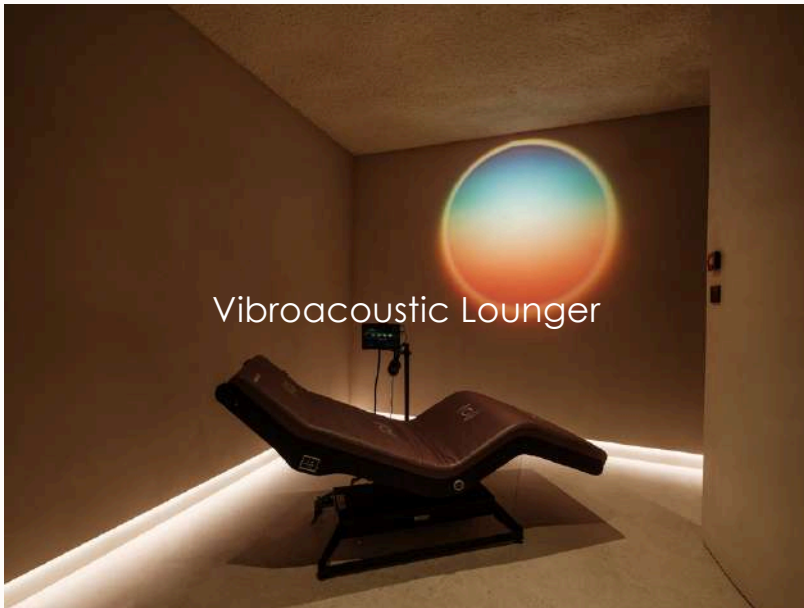
1X 60-MINUTE FACIAL THERAPY

This holistic wellness facial incorporates powerful plant and mineral ingredients with high-touch skin therapy to alleviate stress and tension in the face, scalp, neck, and shoulders where daily stressors tend to accumulate. Asian-inspired muscular massage techniques stretch and lift the skin and tissues, improving circulation of oxygen-rich blood and energy (Qi) and promoting lymphatic drainage, which helps to eliminate fluid, toxins, and waste. A facial mask bursting with powerful vitamins, minerals, antioxidants, amino acids, and fatty acids, along with a relaxing hand, arm, and foot massage, completes the treatment. Expect to emerge with radiant skin and a renewed glow, feeling deeply rested and at peace.

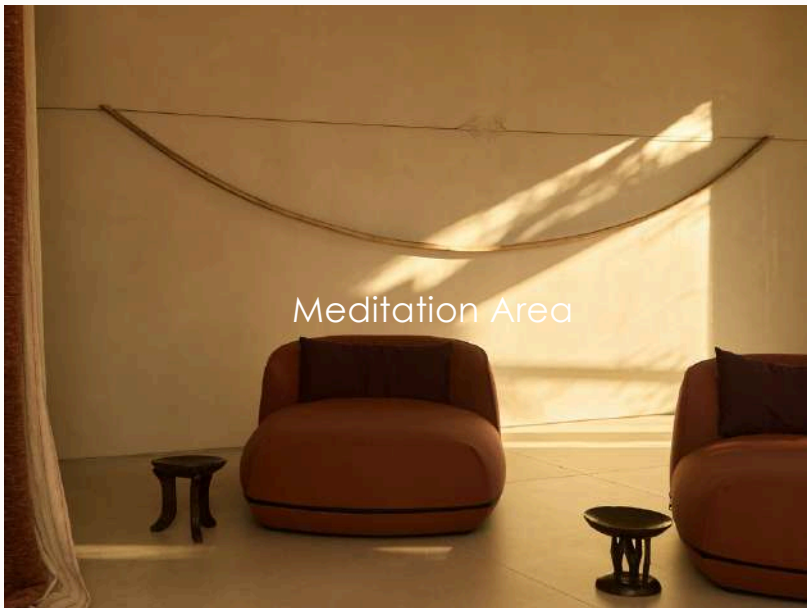
Nao Spaces



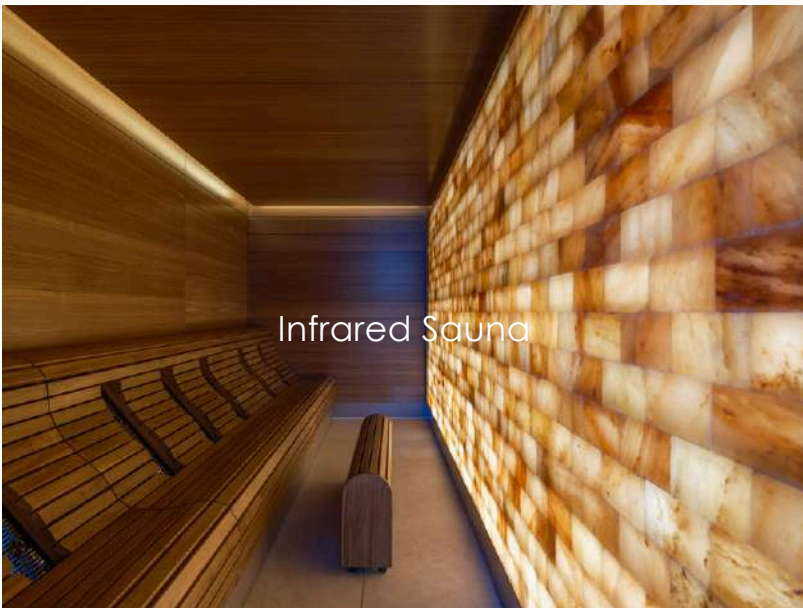
Cryotherapy



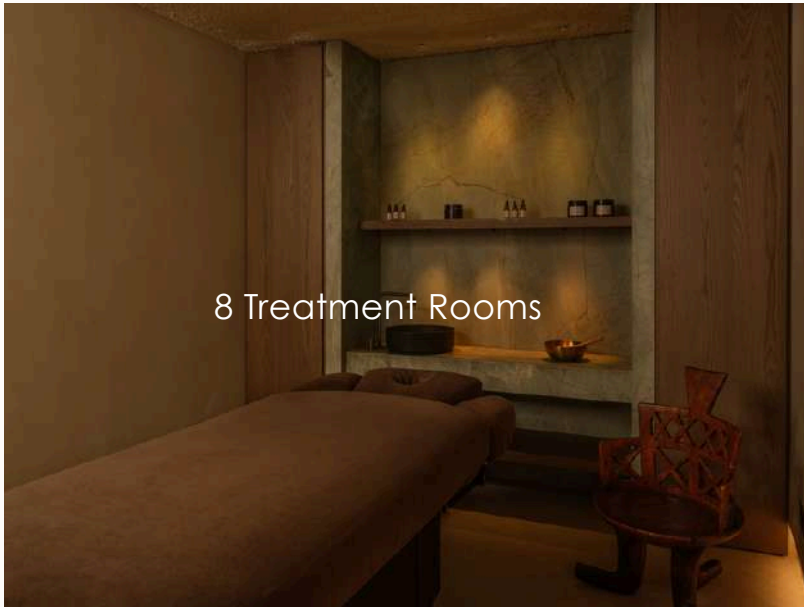
Vibroacoustic Lounger



Meditation Area



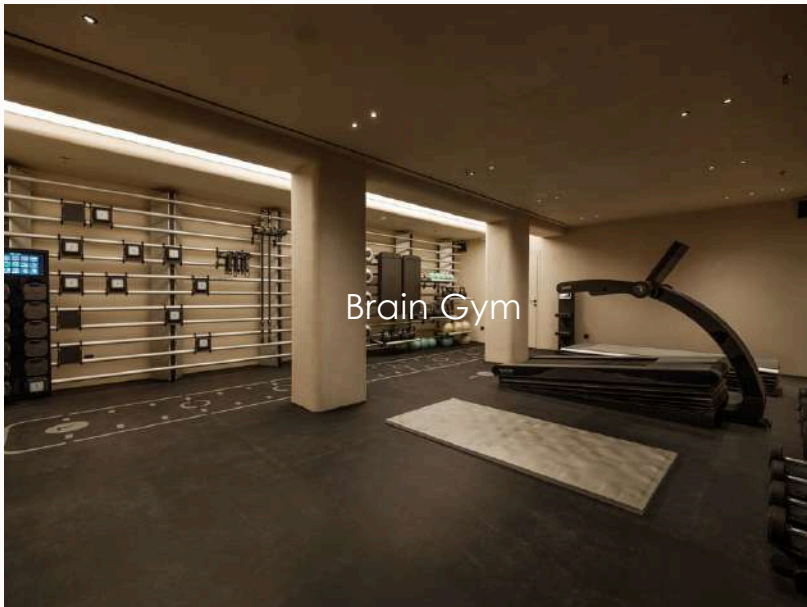
Infrared Sauna



8 Treatment Rooms



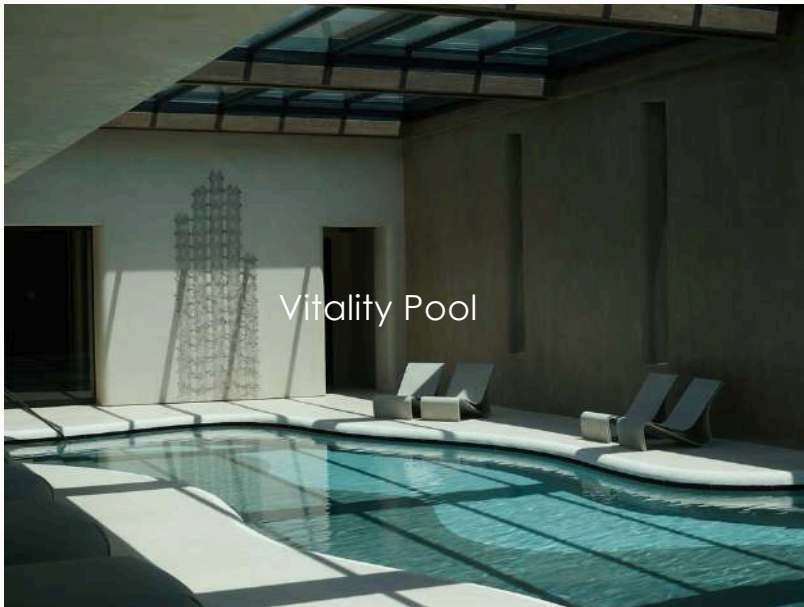
Photobiomodulation Room



Brain Gym



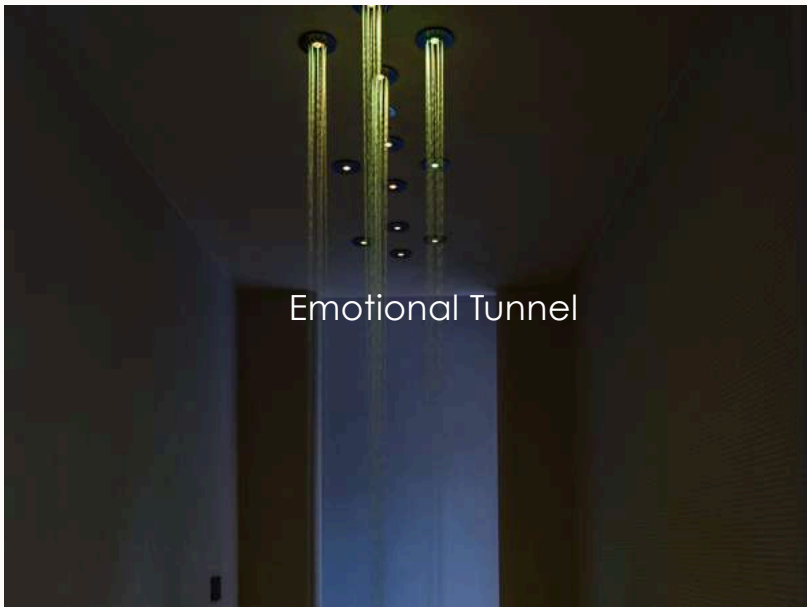
Relaxation Area



Vitality Pool



Hot & Cold Plunge



Emotional Tunnel



Consultation Room

WEATHER

In Agios Nikolaos during November, expect mild and pleasant days around 19-20°C, with evenings cooling to 13-15°C. The sea remains inviting at 20-21°C, perfect for refreshing swims. Daylight lasts about 10 to 10½ hours, with sunrises and sunsets that linger, offering truly magical moments of presence and connection with the surroundings.

WHAT TO BRING

To ensure comfort and optimal participation:
 Activewear: Breathable formfitting clothing suitable for assessments and training (e.g., gym gear, yoga attire).
 Swimwear: For The Hydrotherapy Thermal Circuit access.
 Footwear: Supportive training shoes for movement sessions.
 Casual Resortwear: For meals and leisure time.

PRE-ARRIVAL ADVICE:

Arrival Timing: Please aim to arrive at least 10 minutes prior to your first scheduled session, allowing time for check-in and acclimatization.
 Fasting: Avoid food intake for at least 3 hours before the Prognostic Tests appointment.
 Caffeine & Alcohol: Refrain from consuming caffeine or alcohol 12 hours prior.
 Exercise: No strenuous physical activity 12-24 hours before your appointment.
 Hydration: Drink adequate water but avoid excessive consumption right before your appointment.
 Medications: Consult with the wellness team regarding any medications that may affect metabolic readings.





Minos Palace Resort Ag.Nikolaos, 72 100 Crete, Greece
+30 2841023804
minospalace.com/wellbeing
nao@bluegr.com