



THE SCIENTIFIC JOURNEY
TO LONGEVITY



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INTRODUCTION



The union of time & vitality

“Nao”, from the ancient Greek meaning “to flow”, is situated at the heart of Minos Palace Resort. Drawing inspiration from water as the source of all life and its ability to shapeshift, the space is conceived as a hub for cultivating holistic longevity – and a sanctuary for deep transformation.

Our approach combines ancestral wisdom and the latest advances in the science of healthspan. Our expert consultants and highly skilled in-house staff carefully craft personalised wellbeing programmes tailored to your unique biomarkers. It’s a 360° approach with results that echo through time.



OUR APPROACH

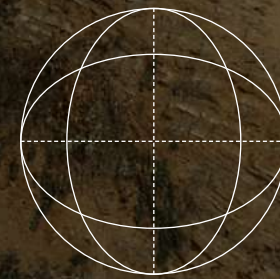
A threefold transformation

Our evidence-based approach brings ancient wisdom into the 21st century. A lasting longevity transformation begins with knowing thyself, where advanced prognostics help you understand your mind, body, and habits. From there, your stay at Minos Palace Resort is all about moving into being thyself, experiencing the stillness of mindfulness and deepening your connection with yourself and your surroundings. Lifestyle interventions carefully crafted to suit your uniqueness will slowly transition you into loving thyself, where past insights and present awareness merge, fostering a timeless state of wellbeing. This is what you will take home as you continue your journey towards longevity.



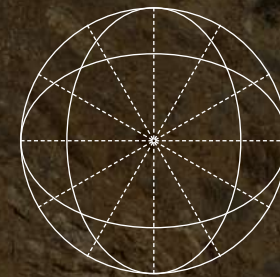
KNOW THYSELF

Reflect



BE THYSELF

(Re)connect



LOVE THYSELF

Balance & sustain



OUR APPROACH

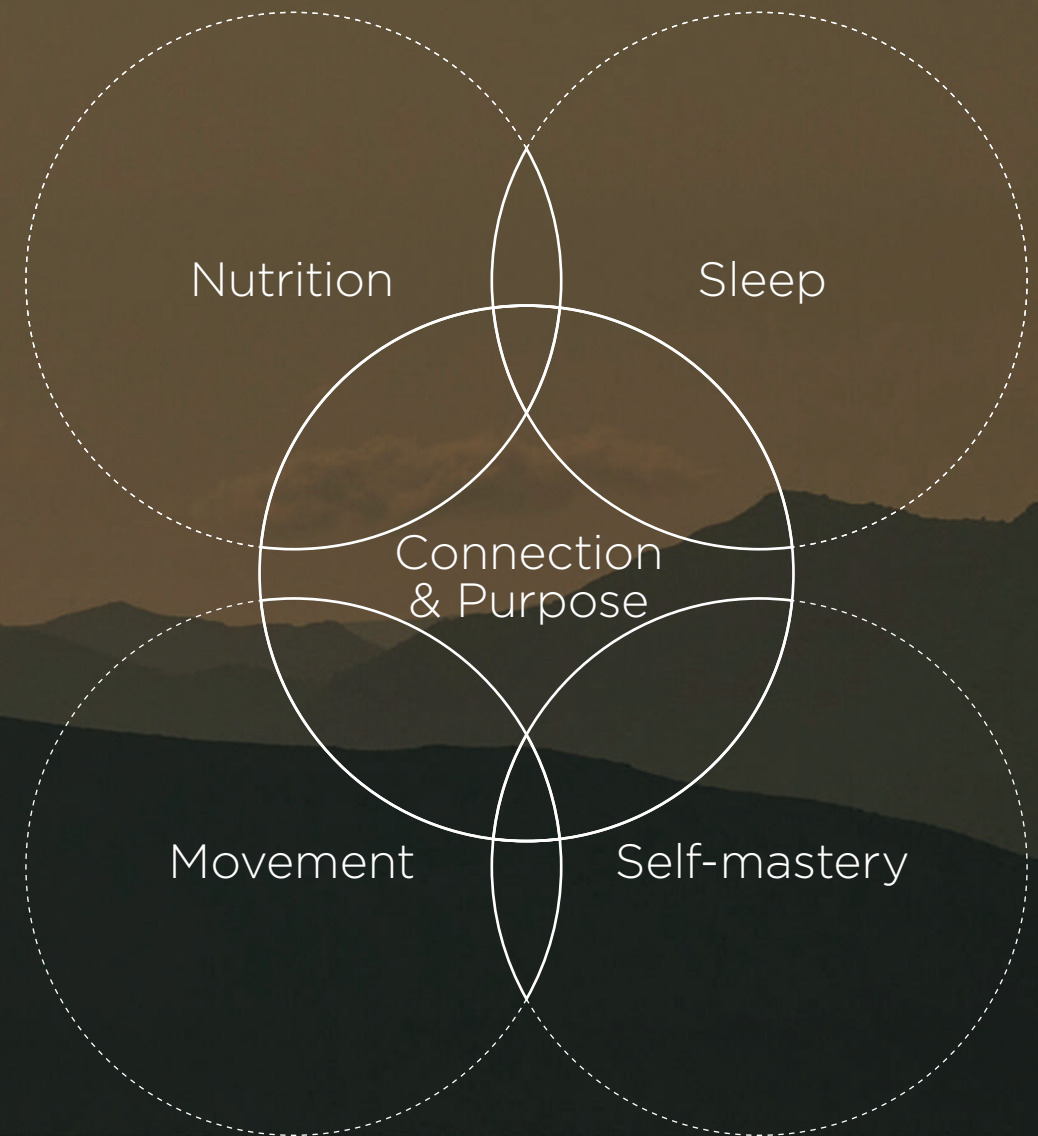
The Nao method

The Architecture of Healthy Longevity

Locked within the human body is all the wisdom needed to optimise its own function. Our approach uses precision wellbeing and lifestyle interventions, grounded in the latest scientific insights on longevity. The Nao method's four core pillars address every component in the body's ageing mechanism as understood by the 14 hallmarks of ageing. This is how we are able to harness your biochemical, genetic, and cellular traits and use science to transform how you experience the passage of time.

We aim to slow down the ageing process and potentially reverse its effects - extending both lifespan and healthspan. Welcome to the new era of ultra-personalised wellbeing.

THE 4 PILLARS OF THE NAO METHOD



Surpassing mere prevention of decline, our transformative approach actively restores and revitalises your well-being. Inspired by the relentless and adaptive flow of water navigating obstacles, we envision longevity as a life enriched with resilience, purpose, and lasting wellness.



THE NAO METHOD

Exploring the five pillars



NUTRITION

Nutrition is a fundamental pillar that shapes our biological destiny, influencing gene expression and cellular function at the most intricate levels. Contemporary science affirms that our dietary choices can activate or silence genes through epigenetic mechanisms, thereby determining how we age and thrive. At Nao, we harness this advanced understanding to craft personalised nutrition plans derived from your unique biomarkers and genetic blueprint. Each meal is an intentional act of nourishment, perfectly aligned with your body's natural rhythms, promoting sustained vitality and optimal health.

SLEEP

Sleep represents a key component of wellbeing, in which time itself seems to pause for the body's restoration. It is not just about feeling refreshed - It is about



regulating the core biological processes that impact your stress hormones, immune system, appetite, breathing, blood pressure, and cardiovascular health. Combining science and holistic therapies, we craft personalised sleep programmes, honoring your unique circadian rhythms, genetic predispositions, and lifestyle to truly enhance the quality of your sleep.

MOVEMENT

Movement is more than exercise; it is a fundamental force - the vitality that animates our existence, profoundly influencing our health and genetic expression. At Nao, we utilise advanced analytical technologies to gain deep insights into your respiratory function, cardiovascular fitness, and metabolic rhythms. In addition to physical movement, we emphasize the importance of cognitive engagement through our brain gym. This innovative space is designed to stimulate



mental agility and enhance cognitive function, allowing you to cultivate a balanced approach to wellbeing. By intentionally aligning each movement with your biological traits and engaging your mind, we enhance your body's natural responses, slow the ageing process, and support lasting well-being. Every movement is purposeful, honouring the harmonious interplay between your body and the most potent medicine: time.

SELF-MASTERY

The capacity to perceive, understand, and channel one's emotions with purpose and empathy is a source of inner power and renewal. Our approach is about emotional intelligence that builds resilience - and anchors you through life's shifting tides. We integrate mindfulness, cognitive strategies, and emotional regulation, and enhance them with modern technology to deepen self-awareness and foster inner equilibrium.



Cultivating mental fitness is self-mastery, bringing clarity and balance to sustain wellbeing through the cycles of life.

CONNECTION & PURPOSE

Connection and purpose are not adornments to a long life - they are biological imperatives. Contemporary longevity science recognises that loneliness disrupts the same systems that diet and exercise regulate: inflammation, stress hormones, immune function, even gene expression. Equally, a clear sense of meaning has been shown to lower mortality risk and slow biological ageing. At Nao, we honour this newly mapped dimension of healthspan through guided practices in shared experience, meaningful dialogue, and reflective inquiry - helping you cultivate the bonds and the sense of purpose that anchor a life well-lived. Because to thrive is, in the end, a relational act.

The 14 hallmarks of ageing

Understanding and addressing the biological mechanisms of ageing.

Ageing is not merely about accumulating years. It is the result of a complex interplay of biological processes that gradually cause the body to decline over time.

Known as the 14 hallmarks of ageing, these cellular and molecular mechanisms have been identified by science as the core drivers behind how and why we age.

At Nao, our method combines the latest advancements in longevity science with precision wellbeing strategies. Through the lens of our five core pillars — Nutrition, Sleep, Self mastery and Movement and Connection & Purpose — we address each of these hallmarks.

By working with your unique biochemical, genetic, and cellular traits, we aim not only to slow the ageing process but also to restore vitality, extend healthspan, and enhance your overall quality of life.



GENOMIC INSTABILITY

DNA damage builds up over time.



STEM CELL EXHAUSTION

Fewer cells to repair tissues.



DISABLED AUTOPHAGY

Cells struggle to clear out the junk.



TELOMERE ATTRITION

Protective chromosomal caps wear down.



DEREGULATED NUTRIENT SENSING

Cells misread nutrient signals.



ALTERED COMMUNICATION

Disrupted intercellular communication leads to inflammation.



EPIGENETIC CHANGES

Lifestyle and environment flip genetic switches.



CHRONIC INFLAMMATION

Inflammation accelerates aging.



MITOCHONDRIAL DYSFUNCTION

Energy production declines.



LOSS OF PROTEOSTASIS

Loss of proteostasis
Protein maintenance diminishes.



CELLULAR SENESCENCE

Old cells linger, causing harm.



DYSBIOSIS

Gut changes disrupt overall health.



EXTRACELLULAR MATRIX STIFFENING

Tissue scaffolding hardens, losing its elasticity.



PSYCHOSOCIAL ISOLATION

Loneliness and disconnection accelerate ageing.



THE NAO JOURNEY

How your Nao journey unfolds

Your guided Nao journey begins before you arrive and continues well beyond your departure - an ongoing path that draws you back to deepen the experience.

Discover what the path holds.







Nao programs

The ways of longevity can be learned over:

- One day
- Three days
- Five days
- Seven days
- Ten days
- Fourteen days

As the length of the programme grows, so too do the offerings, providing deeper insights and transformative results. Regardless of length, all programmes combine state-of-the-art prognostics with ultra-personalised treatment plans, grounded in the four pillars of the Nao method: nutrition, movement, sleep, and self-mastery.

One-Day programme

DISCOVER € 1200

An entry level programme that dives deeper into the factors shaping your health and vitality. With a focus on all four pillars of the Nao Method, it's designed to deliver a strong foundation for long-term wellbeing.

INCLUDES

Prognostics & Biometrics

- 1 x Resting Metabolic Rate Assessment or VO2 Max Assessment based on Consultation with Health Coach
- 1 x HRV Assessment
- 1 x Wellbeing Body Composition Scan
- 1 x Balance and Strength Assessment
- 1 x Personalized Longevity Consultation

Nutrition, Sleep, Self Mastery, Movement

- 1 x Prescribed Brain Gym Personal Training
- 1 x Cryotherapy
- 1 x PBM Red Light Therapy Session
- 1 x 90 De-Stressing Headspace Treatment
- 3 x Meal according to nutritional advice

Three-Day programme

TRANSFORM € 2270

A three-day experience designed to provide a transformative entry point into your wellbeing journey. This programme combines advanced diagnostics, targeted therapies, and tailored guidance to set you on the path to sustainable health and longevity.

INCLUDES

Prognostics & Biometrics

- 1 x Complete Metabolic Assessment with Macronutrient Optimisation
- Resting Metabolic Rate Assessment
- VO2 Max Assessment
- Biological Age
- 1 x HRV Assessment
- 1 x Wellbeing Body Composition Scan
- 1 x Balance and Strength Assessment
- 1 x Personalized Longevity Consultation

Nutrition, Sleep, Self Mastery, Movement

- 1 x Prescribed Brain Gym Personal Training Session
- 1 x Brain Gym Group Class
- 2 x Cryotherapy
- 2 x PBM Red Light Therapy Session
- 2 x Vibroacoustics Session
- 1 x Prescribed Self Mastery Session
- 2 x 60 minute Prescribed Massage Therapy
- 1 x 90 minute Destressing Headspace Treatment
- 1 x 60 minute Prescribed QMS Facial Therapy
- Breakfast, Lunch & Dinner according to nutritional advice (7 meals)

Five-Day programme

SELF-OPTIMISE € 3200

Step into a 360-degree approach to health with this five-day programme. Crafted to fine-tune your wellbeing, it provides precise insights into your unique physiology and a deeply personalised plan to sustain optimal health for the long term.

INCLUDES

Prognostics & Biometrics

- 1 x DNA Health
- 1 x Complete Metabolic Assessment with Macronutrient Optimisation
- Resting Metabolic Rate Assessment
- VO2 Max Assessment
- Biological Age
- 1 x HRV Assessment
- 1 x Wellbeing Body Composition Scan
- 1 x Balance and Strength Assessment
- 1 x Personalized Longevity Consultation

Nutrition, Sleep, Self Mastery, Movement

- 2 x Prescribed Brain Gym Personal Training Session
- 1 x Brain Gym Group Class
- 2 x Cryotherapy
- 2 x PBM Red Light Therapy Session
- 2 x Vibroacoustics Session
- 1 x Neuromodulation
- 1 x Prescribed Self Mastery Session
- 2 x Intermittent Hypoxia-Hyperoxia Treatment
- 2 x 60 minute Prescribed Massage Therapy
- 1 x 120 minute Wellbeing Body Treatment
- 1 x 60 minute Prescribed QMS Facial Therapy
- Breakfast, Lunch & Dinner according to nutritional advice (13 meals)

Seven-Day programme

SELF-MASTER € 4650

Discover the foundations of longevity through a focused seven-day programme designed to support your overall health. Combining in-depth evaluation with personalised interventions, it offers insight into your ageing process through epigenetics and provides practical tools to continue your wellbeing journey beyond your stay.

INCLUDES

Prognostics & Biometrics

- 1 x Precision Health & Wellbeing Analysis
- DNA Transform
- Resting Metabolic Rate Assessment
- VO2 Max Assessment
- Biological Age
- 1 x HRV Assessment
- 1 x Wellbeing Body Composition Scan
- 1 x Balance and Strength Assessment
- 1 x Antioxidant Capacity (Glutathione Level)
- 1 x Personalized Longevity Consultation

Nutrition, Sleep, Self Mastery, Movement

- 3 x Prescribed Brain Gym Personal Training Session
- 2 x Brain Gym Group Class
- 16 x 30 minute Prescribed Wellbeing Technologies Session
- 4 x Cryotherapy
- 4 x PBM Red Light Therapy Session
- 2 x Vibroacoustics Session
- 4 x Neuromodulation
- 2 x Intermittent Hypoxia-Hyperoxia Treatment
- 3 Prescribed Self Mastery Session
- 2 x 60 minute Prescribed Massage Therapy
- 1 x 90 minute Wellbeing Body Treatment
- 1 x 120 minute Wellbeing Body Treatment
- 1 x 60 minute Prescribed QMS Facial Therapy
- Breakfast, lunch & dinner according to the nutritionist's advice. (19 meals)

Ten-Day programme

LONGEVITY ADVANCED € 6540

Discover a deeper approach to longevity with a comprehensive ten-day programme designed to optimise your health and performance. Through advanced diagnostics and personalised interventions, you will gain valuable insight into your unique ageing process through epigenetics, while developing practical tools to support your wellbeing long after your stay.

INCLUDES

Prognostics & Biometrics

- 1 x Precision Health & Wellbeing Analysis
- DNA Transform
- Resting Metabolic Rate Assessment
- VO2 Max Assessment
- Biological Age
- 1 x HRV Assessment
- 1 x Wellbeing Body Composition Scan
- 1 x Balance and Strength Assessment
- 1 x Antioxidant Capacity (Glutathione Level)
- 1 x Personalized Longevity Consultation

Nutrition, Sleep, Self Mastery, Movement

- 4 x Brain Gym Personal Training
- 3 x Brain Gym Group Classes
- 20 x 30 minute Wellbeing Technology Sessions:
 - 5 x Cryotherapy
 - 5 x PBM
 - 4 x Vibroacoustics
 - 4 x Neuromodulation
 - 2 x IHHT (Intermittent Hypoxia-Hyperoxia)
- 4 x Prescribed Self Mastery Sessions
- 3 x 60' Massage Therapies
- 2 x 90' Wellbeing Body Treatment
- 1 x 120' Wellbeing Body Treatment
- 1 x 60 minute Prescribed Noble Panacea Facial Therapy
- 1 x High-Tech Facial
- Breakfast, Lunch & Dinner according to nutritional advice (28 meals)

Fourteen-Day programme

LONGEVITY PRO € 8000

This fourteen-day immersion is the pinnacle of the Nao Method—designed to transform your health, mindset, and lifestyle at the deepest level. Longevity Pro offers enlightening insights, creating profound, lasting shifts within you. Over the two weeks, you will lay the ultimate foundation for a lifelong journey of peak health, longevity, and wellbeing.

INCLUDES

Prognostics & Biometrics

- 1 x Precision Health & Wellbeing Analysis
- DNA Transform
- Resting Metabolic Rate Assessment
- VO2 Max Assessment
- Biological Age
- 1 x HRV Assessment
- 1 x Wellbeing Body Composition Scan
- 1 x Balance and Strength Assessment
- 1 x Antioxidant Capacity (Glutathione Level)
- 1 x Personalized Longevity Consultation

Nutrition, Sleep, Self Mastery, Movement

- 5 x Prescribed Brain Gym Personal Training Session
- 4 x Brain Gym Group Class
- 34 x 30 minute Prescribed Wellbeing Technologies Session
 - 7 x Cryotherapy
 - 7 x PBM Red Light Therapy Session
 - 6 x Vibroacoustics Session
 - 10 x Neuromodulation
 - 4 x Intermittent Hypoxia-Hyperoxia Treatment
- 6 x Prescribed Self Mastery Session
- 4 x 60 minute Prescribed Massage Therapy
- 2 x 90 minute Wellbeing Body Treatment
- 1 x 120 minute Wellbeing Body Treatment
- 1 x 90 minute High Tech Facial
- 1 x 60 minute Prescribed Noble Panacea Facial Therapy
- Breakfast, Lunch & Dinner according to nutritional advice (40 meals)



À la carte wellbeing



Explore the full menu of tests, treatments, interventions, techniques, therapies, and sessions that define Nao's method.

Some can be completed in advance of your arrival, while others require on-site participation. Please speak with one of our consultants to learn more or book in.

On the menu

- Prognostics & biometrics
- Wellbeing technologies
- Self mastery
- Functional body therapies
- Body wellbeing
- Skincare therapies
- Functional movement
- Hydrotherapy thermal circuit

Prognostics & Biometrics

Your biological age is more than a number—it reveals the true state of your body at a cellular level, shaped by metabolism, cardiovascular function, inflammation, and genetic predispositions. At Nao, we go beyond standard health assessments, using advanced diagnostics to uncover how your body is ageing and where imbalances may be accelerating the process.

By understanding your unique biomarkers, we create a personalised roadmap to optimise energy, enhance resilience, and support cellular regeneration. These insights reveal potential risks before symptoms arise and guide targeted interventions to slow—or even reverse—certain ageing processes. This knowledge becomes the foundation for long-term wellbeing, empowering you to take control of your health beyond your stay.

MUHDO DNA HEALTH

Take the first step toward optimizing your health with the MUHDO DNA Health test. This advanced genetic analysis uses a saliva sample to reveal how your genes influence nutrition, fitness, immunity, and overall wellness. Gain personalised, science-backed recommendations to make targeted adjustments to your diet, lifestyle, and environment – empowering you to take control of your long-term health.

Pre-arrival Test also available onsite
Results within 30 to 45 days of sample receipt
Price: € 250

MUHDO DNA TRANSFORM

DNA Transform is an advanced genetic test that analyses your unique genetic blueprint and provides a detailed epigenetic analysis to guide your wellness journey. It offers insights into your biological age, eyesight, memory, hearing health, inflammation balance, and cellular ageing, along with a comprehensive overview of your gut health, mental health, sleep, and stress levels. With tailored recommendations from health experts, the test empowers you to enhance fitness, endurance, and performance, prevent injuries, and build a lifestyle focused on long-term wellness and vitality.

Pre-arrival Test also available onsite
Results within 30 to 45 days of sample receipt
Price: € 350

PNOE

PNOE is a clinical-grade metabolic analyser designed to assess oxygen usage and carbon dioxide clearance at rest – and during exercise. This assessment offers accurate measurements of your metabolic, heart, lung, and cellular fitness. Metabolic tests measure the rate at which your body burns calories and uses oxygen during rest or during different activities. Measuring Resting Metabolic Rate tracks the number of calories your body burns at rest.

Whereas, measuring Metabolic Efficiency provides insight into the number of calories your body burns during exercise. Measuring VO2 Max is the maximum amount of oxygen your body can utilise during exercise. One of the strongest predictors of longevity!

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.

Onsite Assessment | 60 minutes
Price: € 160 PNOE

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.

Onsite Assessment | 60 minutes
Price: € 160

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.

Onsite Assessment & Consultation
120 minutes
Price: € 300

PERSONALISED LONGEVITY CONSULTATION

An individual consultation with a Nao Health Coach to explore your lifestyle, habits and wellbeing objectives. This session provides a refined understanding of your current state and forms the basis of your personalised wellness pathway. Based on your profile, our team curates targeted recommendations across treatments, technologies and lifestyle practices, ensuring a truly tailored Nao experience.

30-45 minutes | Price: € 150

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.

Onsite Test | 45 minutes
Immediate results and consultation
Price: € 100

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.

Onsite Assessment | 45 minutes
Price: € 150

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.

Onsite Test | 60 minutes
Price: € 175

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.

Onsite Test | 30 minutes
Price: € 100

ANTIOXIDANT BLOOD PANEL (6 MARKERS)

Every cell produces reactive oxygen species (ROS) as part of normal metabolism. When these accumulate beyond the body's ability to neutralise them, oxidative stress occurs, potentially damaging DNA, mitochondria, and cellular membranes.

This advanced panel assesses both antioxidant defence and oxidative damage, offering valuable insight into cellular health and redox balance. It helps guide targeted strategies to support recovery, energy production, and long-term vitality.

Price: € 520

INFLAMMAGING BLOOD PANEL

As we age, the immune system can shift into a state of chronic, low-grade inflammation, known as inflammaging. Unlike acute inflammation, this subtle but persistent process may impact overall health, contributing to metabolic imbalance, cardiovascular risk, and accelerated ageing. This advanced panel evaluates key biomarkers to detect underlying inflammatory activity, often before symptoms appear. It supports a proactive approach to longevity, helping optimise metabolic resilience and protect cardiovascular and cognitive health.

30 minutes | Price: € 400

Treatments & Interventions

Wellbeing Technologies

The body is an intricate system, constantly adapting and evolving. Over time, the 14 hallmarks of ageing—from cellular decline to metabolic shifts—disrupt its ability to function at its best. At Nao, we apply cutting-edge longevity science to slow these processes, restoring balance, enhancing resilience, and optimising your biological potential.

By targeting the key mechanisms of ageing, we integrate pioneering therapeutic technologies designed to stimulate regeneration, enhance recovery, and support long-term vitality. These precision-driven interventions work in harmony to restore cellular function, recalibrate the body's natural rhythms, and optimise overall wellbeing.

PBM RED LIGHT THERAPY

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.

Benefits: Boosts cellular energy, reduces pain and inflammation, enhances recovery, improves circulation, promotes skin health, supports neurological wellness and optimises overall vitality.

30 minutes | 30 minutes x 5 sessions
Price: € 80 | € 350

INTERMITTENT HYPOXIA-HYPEROXIA TREATMENT

Using the high-tech IHHT system (Intermittent Hypoxia-Hyperoxia Treatment), this program promotes cellular regeneration and provides anti-ageing benefits at a sub-cellular level.

Benefits: enhances cellular repair and regeneration, boosts cardiovascular fitness, improves oxygen utilization, and supports overall well-being and longevity.

45 minutes | 45 minutes x 5 sessions
Price: € 135 | € 600

CRYOTHERAPY

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.

Benefits: Boosts circulation & metabolism, reduces inflammation and pain, enhances recovery and performance, revitalises the skin and improves mood and sleep.

30 minutes | 30 minutes x 5 sessions
Price: € 80 | € 350

VIBROACOUSTICS THERAPY

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.

Benefits: enhances circulation, reduces muscle tension, improves sleep quality, and supports overall well-being by alleviating stress and promoting relaxation.

30 minutes | 30 minutes x 5 sessions
Price: € 65 | € 270

NEUROMODULATION

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.

Benefits: Enhances focus and creativity, boosts cognitive performance, increases neuroplasticity for improved learning and adaptability, elevates mood and improves sleep quality.

30 minutes | 30 minutes x 5 sessions
Price: € 50 | € 200

VAGUS NERVE RESET

A wearable neuromodulation device that stimulates the vagus nerve through safe, low-frequency electrical impulses. Pulsetto is designed to activate the parasympathetic nervous system, promoting relaxation, reducing stress, improving sleep quality, and supporting overall emotional balance. Ideal for those seeking non-invasive nervous system regulation and enhanced recovery.

15 minutes
Price: € 20





Self mastery

True transformation goes beyond surface-level wellness—it begins with deep self-awareness. As Carl Jung said, “Until you make the unconscious conscious, it will direct your life, and you will call it fate.” At Nao, we integrate profound mental and emotional strategies into our longevity philosophy, giving you the tools to cultivate clarity, resilience, and balance.

At the core of this self mastery approach is HeartMath, a proven method that strengthens the connection between the heart, brain, and emotions. By combining these techniques with personalised lifestyle strategies, we empower you to navigate stress effectively, enhance emotional intelligence, and step into a life of greater purpose and inner harmony.

HRV TRAINING & SELF-REGULATION TECHNIQUE

Access a high-performance state known as heart coherence, where your heart and brain are in sync. This helps reduce stress, anxiety, and overwhelm, enhances health and performance, and clears your mind for more effective decision-making to support a healthier, happier life. The session also includes vagus nerve stimulation using specialised devices.

Benefits: Better personal health, development of emotional control, improved stress management, improved sleep, decreased anxiety.

30 minutes | 30 minutes x 5 sessions
Price: € 75 | € 325

*Recommended to be combined with the HRV Assessment

THE NAO JOURNALING SESSION

A timeless tool for self-awareness, helping you reflect on emotions, thoughts, and behaviours. It supports emotional intelligence by identifying patterns, setting goals, and tracking growth. TNM wellbeing coaches will guide you with prompts to develop a journaling habit that lasts beyond your stay.

Benefits: enhances self-awareness and emotional intelligence, supports mental well-being, reduces stress, improves mood, and aids in personal growth and goal setting.

45 minutes | includes TNM Journal
45 minutes x 5 sessions
Price: € 75 | € 325

ONE-TO-ONE BREATH MEDITATION SESSION

The simple act of reconnecting with the flow of breath can ground and anchor us back into a state of balance. Our science-based practice uses breathing techniques to help you feel calm by aligning your physical, mental, and emotional systems. The technique is called heart-focused breathing because it involves directing your attention to your heart area while breathing a little more deeply than normal.

Benefits: decreases anxiety, fatigue and depression and improves sleep and focus.

45 minutes | Price: € 95



SOUND MESSAGE PETER HESS METHOD

Deeply restorative experience using harmonically tuned Tibetan singing bowls placed gently on or around the body. As the bowls are played, their calming sound vibrations—associated with Alpha and Theta brain waves—travel through the body, easing pain, calming the nervous system, and dissolving tension. This non-invasive treatment supports deep relaxation, balances energy, and brings the body and mind into a state of peaceful harmony.

Benefits: reduces anxiety, mindful relaxation, addresses body, soul and spirit, strengthens self confidence and motivation contributes to health promotion.

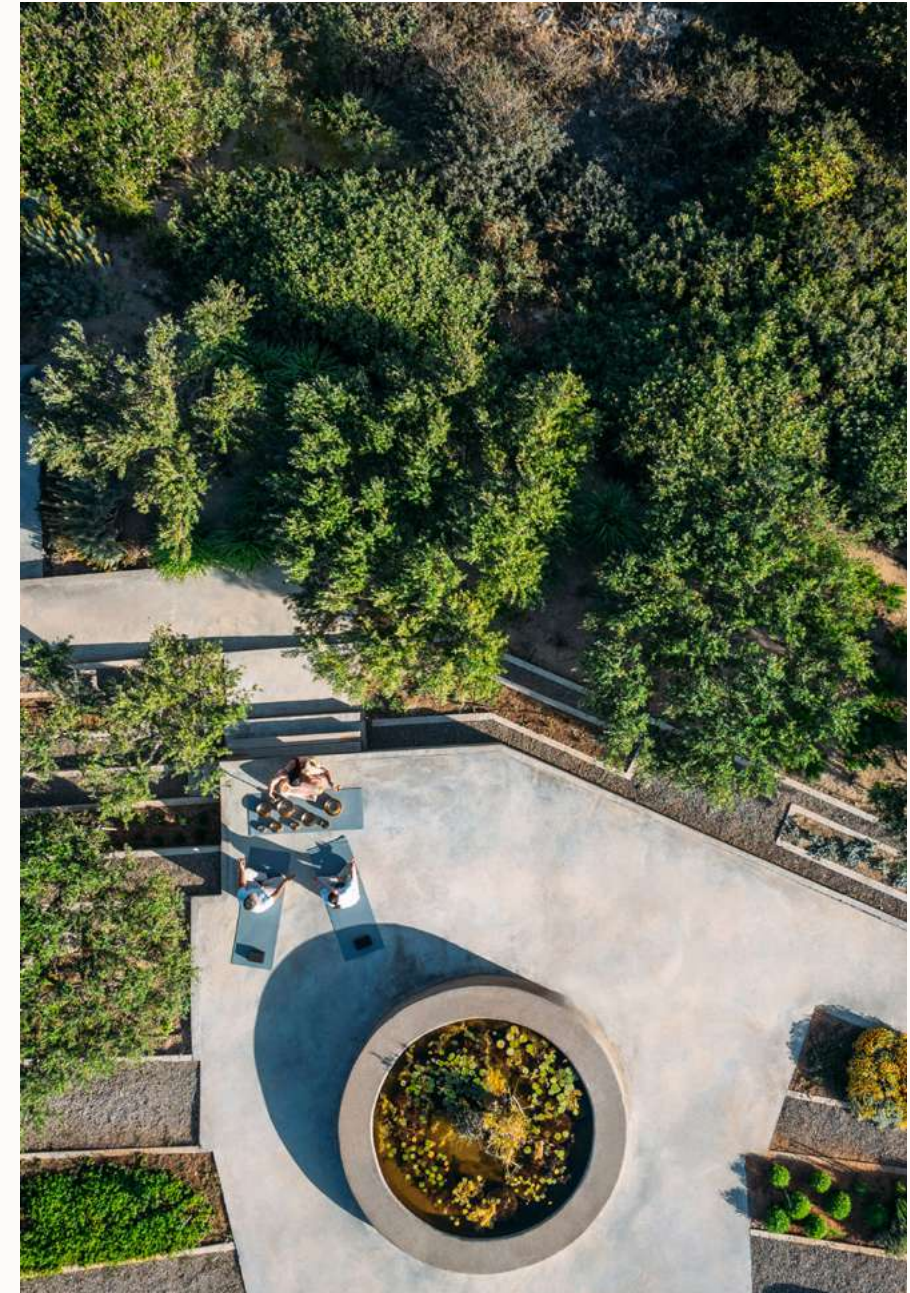
60 minutes | Price: € 160

SOUNDBATH WITH GONGS AND HEALING INSTRUMENTS

Every physical object, including the body, vibrates at a natural frequency. We integrate this ancient yet modern wisdom into a group setting to help restore your baseline state of wellness. By harnessing the therapeutic power of a diverse range of sound therapies, including crystal singing bowls, Tibetan singing bowls and gongs – each instrument creates unique vibrations, that combine into an orchestra of sound healing and sound bathing.

Benefits: promotes relaxation, reduces stress, and enhances overall wellbeing by influencing endorphin release, brainwave patterns, and the autonomic nervous system.

60 minutes | Price: € 50



Massage Therapies

Lasting restoration begins with regulation, the body's innate ability to return to balance. Within the Nao wellbeing philosophy, focused on regeneration, optimisation, and longevity, this capacity to recover and adapt is essential.

The|Tides BrainBodyMind Wellness™ treatments support this through a science-backed, nervous-system-led approach, working with the body's natural rhythms of sleep, mood, energy, resilience, and skin vitality. Through intentional touch, scent, texture, and neuro-active formulations, each ritual gently guides the body back to equilibrium.

Blending advanced therapeutic touch with East Asian and Western paramedical expertise, each treatment is a tailored, multi-sensory restorative experience.

The result is systemic recalibration: calmer nerves, deeper sleep, balanced energy, emotional clarity, and renewed skin vitality, complementing the Nao Method or experienced on its own.

THE | TIDES
Experts in BrainBodyMind Wellness

RE-BALANCING MASSAGE

A fully tailored re-balancing massage, designed to guide you into a deep state of tranquillity and internal alignment. Combining intelligent treatment techniques with sensory-rich products, this experience supports nervous system regulation, releases diffuse fatigue, deeply held strain, and supports fluidity throughout the body. By enhancing the body's natural energy flow, this massage reinforces resilience, deepens body awareness, and sharpens mental clarity, leaving you feeling rebalanced, calm and at ease.

Benefits: Supports nervous system regulation; relieves diffuse fatigue and accumulated tension; releases deeply held strain; restores fluidity and a sense of internal alignment; enhances body awareness, mental clarity, and overall well-being.

60 minutes | Price: € 175

DYNAMIC RECOVERY MASSAGE

A dynamically executed twist on the classic deep tissue massage, designed for those who train actively or lead physically demanding lifestyles, as well as for anyone seeking to release tension caused by improper movement patterns, poor posture, prolonged sitting, or the strains of travel. By combining 'muscle-charging' products with myofascial massage, targeted stretching, trigger point release, and joint mobilizations, this treatment releases soreness, stiffness, and deep muscular tension, while improving range of motion and strength performance.

Benefits: Supports physical recovery; relieves deep muscular tension and soreness; improves range of motion and mobility; enhances strength performance and movement efficiency; helps reduce repetitive strain patterns.

60 minutes | 90 minutes
Price: € 175 | € 250

PRE NATAL AND POST-PARTUM MASSAGE

A deeply cocooning ritual designed to support women during pregnancy and the postpartum period. This massage combines magnesium and botanical oils with nervous-system-led techniques such as breathwork, craniosacral therapy, fascia release, and lymphatic drainage, along with a slow body, scalp, and face massage. Each touch encourages parasympathetic activation, promoting restorative sleep, emotional grounding, and mental clarity. It gently relieves tension, fluid retention, and fatigue, while supporting overall nervous system balance.

Tailored to each stage, this ritual offers comfort and nourishment, leaving you feeling lighter, centred, and replenished.

Benefits: Helps ease tension, fluid retention, and fatigue in key areas (legs, back, pelvis, shoulders, neck); supports core awareness, hormonal balance, and nervous system regulation; promotes restorative rest and emotional grounding; provides physical comfort and reassurance; leaving you feeling lighter, centred, and replenished.

90 minutes | € 220

HORMONAL BALANCING MASSAGE

A nurturing meridian massage designed to support hormonal balance through the natural cycle and peri-menopausal transition. Combining techniques such as lymphatic body brushing, acupressure, breathwork, neuro-active aromatherapy, herbal belly wrap, and fascia release, it helps ease tension, support the nervous system, and relieve lower back, pelvic, and muscular discomfort. Gentle, intuitive touch enhances body awareness, promotes emotional balance and restful sleep, and encourages a deeper connection to your natural rhythms, leaving you feeling grounded, revitalised, and more resilient through hormonal changes.

Benefits: Supports hormonal and nervous system balance; helps ease muscle tension and fatigue; enhances body awareness and mental clarity; promotes restful sleep and emotional equilibrium; offers a deeply supportive and empowering experience.

90 minutes | Price: € 220

ACUPRESSURE FOOT MASSAGE

A therapeutic treatment rooted in ancient healing techniques. This specialized massage focuses on precise pressure points in the feet, believed to correspond to different organs and systems in your body, offering a holistic path to well-being.

Benefits: Promotes great sleep, enhances mood, muscle tension, overall body balance.

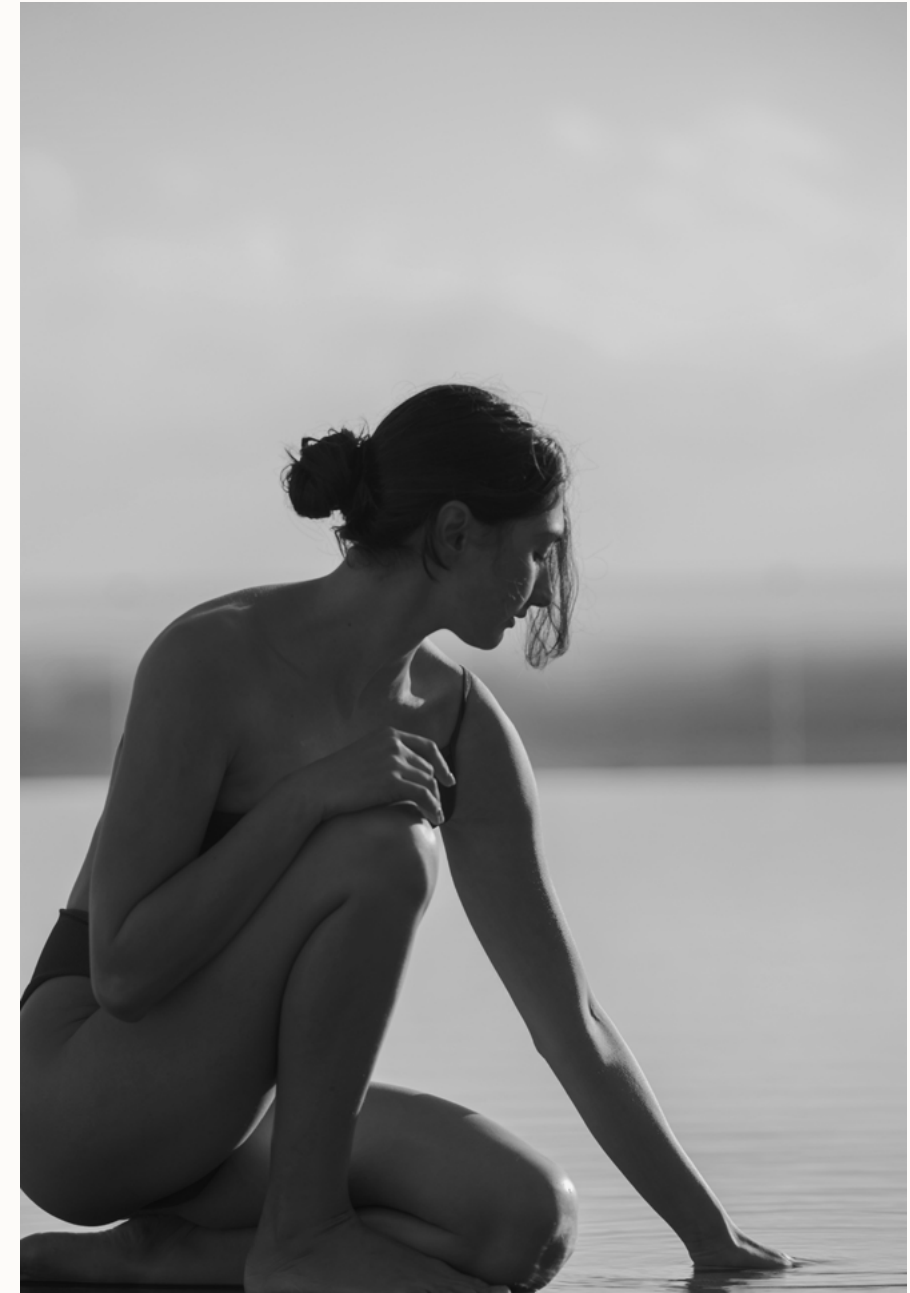
30 minutes | 60 minutes
Price: € 90 | € 170

LYMPHATIC DRAINAGE MASSAGE

A gentle, full-body lymphatic massage designed to support post-travel recovery, immune vitality, and reduce fluid retention. Using rhythmic, flowing techniques and lymphatic-supportive products, it stimulates key pathways, enhances circulation, and supports connective tissue and fascia, helping restore the body's natural rhythms. Soft, repetitive movements encourage fluid drainage, while light cranial work soothes the nervous system and promotes deep relaxation and mental clarity, leaving you feeling calm, light, and energetically balanced.

Benefits: Supports natural elimination and reduces fluid retention; enhances circulation and lymphatic flow; improves fascia and connective tissue mobility; soothes the nervous system and promotes relaxation; encourages mental clarity, lightness, and balance.

60 minutes | 90 minutes
Price: € 175 | € 250





Holistic Wellness Treatments

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 de-stress 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.

THE | TIDES
Experts in BrainBodyMind Wellness

DE-STRESSING HEADSPACE TREATMENT

Designed for the overstimulated and mentally overloaded, this immersive ritual helps quiet racing thoughts, release deep tension, and support nervous system downregulation. Combining fascia-focused bodywork, breathwork and neuro-active aromatherapy, the treatment guides the body from a state of stress into deep relaxation. Targeted work across the back, face, neck, scalp and abdomen enhances vagal tone and the brain-gut connection. You will feel mentally clear, physically eased and deeply reconnected, with a calm and spacious headspace.

Benefits: Supports nervous system downregulation, reduces mental overstimulation, and releases deep tension linked to stress and screen fatigue. Enhances clarity and emotional balance, leaving you grounded and calm.

90 minutes | Price: € 220

*Recommended to be combined with the Vibroacoustic Session

NERVOUS SYSTEM RESET

This immersive ritual guides the brain and body into deep stillness and nervous system regulation. Designed for those feeling depleted or overwhelmed, it supports a level of restoration that goes beyond rest.

Through a blend of exfoliation, infrared warmth, targeted bodywork, breathwork, and craniosacral techniques, it helps release built-up stress while restoring balance. The experience concludes with Vibroacoustics, using gentle sound and vibration to calm the mind and support full-body integration.

Benefits: Promotes deep relaxation, supports nervous system balance, releases accumulated tension, and restores a sense of calm and renewal.

120 minutes | Price: € 350

SLEEP AND RENEWAL TREATMENT

This is your circadian reset, a deeply calming ritual designed to soothe the nervous system, quiet the mind, and prepare the body for restorative rest. This multi-sensory experience combines meridian massage, breathwork, vagus nerve therapy, tuning forks, acupressure, magnesium, infrared warmth, a herbal belly wrap and neuro-active aromatherapy to support balance and recovery. As you drift into stillness, the ritual encourages natural circadian alignment and deep relaxation, leaving you feeling grounded, weightless and fully restored.

Benefits: supports nervous system downregulation, reduces mental overstimulation and prepares the body for deep rest. Promotes circadian alignment,

releases tension, and enhances emotional balance and clarity leaving you grounded, weightless, and restored.

120 minutes | Price: € 320

*Recommended to be combined with the Vibroacoustic Session

PURIFY AND RENEW

This purifying BrainBodyMind Reset is designed to release stagnation, restore clarity, and leave the body feeling light, balanced, and in flow. Working with the body's natural lymphatic and circulatory rhythms, it supports a gentle yet effective reset.

The ritual begins with photobiomodulation to boost cellular energy and circulation, followed by rhythmic lymphatic massage and fascia release. A sea-mineral mask and infrared body wrap enhance detoxification and relaxation, while facial Gua Sha helps reduce puffiness and refresh the skin.

Benefits: Supports lymphatic flow and circulation, reduces puffiness and fluid retention, enhances skin clarity, and promotes a light, refreshed, and balanced state.

120 minutes | Price: € 350



FATIGUE FIGHTER

A high-performance recovery treatment for moments when tiredness lingers beyond rest alone. Perfect for those ready to release accumulated fatigue, muscular tension, and reclaim energy. This sensory-layered experience supports the body when simple rest isn't enough, helping you feel lighter, more flexible, and balanced from the inside out. Working through fascia, connective tissue, and a nervous system-led approach, the treatment blends full-body exfoliation, infrared warmth, breathwork, deep tissue fascial work, targeted stretching, trigger point release, and joint mobilisations, enhanced by magnesium-rich and botanical formulas. You'll emerge grounded, re-energised, physically restored, with renewed strength, freedom of movement, and a calm, balanced nervous system.

Benefits: Helps relieve accumulated fatigue and muscular tension; restores mobility, flexibility, and ease of movement; supports nervous system regulation and reduces physical heaviness; enhances natural energy levels and recovery; leaves the body feeling lighter, grounded, and renewed.

120 minutes | Price: € 320

*Recommended to be combined with the Cryotherapy Session.

BACK, SHOULDER & NECK TREATMENT

The perfect treatment to release deep-seated fascial tension and fatigue in the lower back, spine, shoulders, and neck. The massage begins with a revitalizing back exfoliation and purifying mask to cleanse and refine the skin, stimulate circulation and soften superficial

connective tissue. A targeted combination of cupping, cryotherapy, and warm magnesium compresses supports tissue decompression, helps reduce local heat and sensitivity, and supports fascial hydration. Connective tissue massage - enhanced with mobilizations, trigger point techniques, and myofascial release - targets restriction, improves tissue glide, restores mobility, and eases accumulated tension. Every element of this treatment is tailored to your individual needs, delivering a focused and deeply restorative experience.

Benefits: Releases deep-seated fascial tension and tightness in the back, neck, and shoulders; improves tissue glide, mobility, and flexibility; helps relieve muscle stiffness and accumulated upper-body tension; stimulates circulation and supports healthy connective tissue; supports skin health by refining and refreshing the back area; delivers a targeted, restorative, and rebalancing experience.

60 minutes | Price: € 190

MAGNESIUM AND SEA SALT BODY SCRUB

This invigorating scrub, enriched with the therapeutic properties of magnesium and mineral salts, purifies and revitalises your skin while soothing tired muscles and banishing fatigue. Infused with organic plant oils, it deeply conditions your skin and refreshes your mind. Awaken your body and elevate your senses

Benefits: Promotes skin cell renewal, cleansing and skin detoxifying.

30 minutes | Price: € 95

Skincare Therapies

The science of skin is encoded into all Nao therapies, with a focus on regeneration and targeted concerns such as ageing, hydration, and elasticity. At Nao, every facial journey is tailored to your skin's unique needs, ensuring optimal results through advanced, personalized treatments. Complementing our innovative approach is QMS Medicosmetics, integrating cutting-edge research and technology to optimize skin regeneration. Noble Panacea further enhances our offering with its Nobel Prize-inspired technology, delivering precise, time-released actives for transformative skin results. Additionally, The Tides Wellness shares our commitment to wellness research and science, offering marine and botanically based formulations that help restore the skin's natural equilibrium.

THE TIDES Experts in BrainBodyMind Wellness

QMS MEDICOSMETICS

N^P

NOBLE PANACEA

QMS CUSTOMISED SKIN SOLUTION

This treatment is scientifically designed to restore, strengthen, and rebalance the skin, with each stage customized to address individual skin concerns. It follows Dr. Schulte's innovative method, improving skin functions like oxygen flow, collagen production, hydration, and cellular regeneration. Therapists may use various techniques, including lymphatic drainage and facial shiatsu, focusing on the entire upper body for full restoration and renewal.

Benefits: Restores and balances skin, boosts collagen production, enhances hydration and regeneration, improves tone and texture, and promotes relaxation and well-being.

30 Minutes | 60 Minutes
Price: € 100 | € 175

QMS CUSTOMISED ADVANCED SKIN SOLUTION

This science-driven facial restores, fortifies, and rebalances the skin using advanced technologies and proven methodologies. Customised to your skin's needs, it integrates QMS protocols with specialized therapies to address the root causes of skin imbalances. Techniques may include lymphatic drainage, facial shiatsu, masks, oxygen therapy, or LED light therapy, focusing on full upper-body renewal.

Benefits: Restores skin health, balances unique needs, boosts oxygen and hydration, improves tone and elasticity, and promotes relaxation with advanced technologies.

90 minutes | Price: € 210

THE TIDES WELLNESS FACIAL

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.

Benefits: Promotes relaxation and stress relief while improving skin appearance. Enhances hydration and nourishment for a healthy glow. Addresses specific skin concerns through personalised treatments.

75 minutes | Price: € 175

Skin Care Therapy Enhancements

SKIN ANALYSIS

Comprehensive, science-based evaluation of your skin's condition. This non-invasive system measures essential factors such as hydration, elasticity, pore size, pigmentation, and sebum levels. By gaining a deep understanding of your skin's unique profile, we are able to provide truly personalized treatments and targeted product recommendations —supporting long-term skin health and delivering visible, lasting results.

30 minutes | Price: € 35

LED MASK THERAPY

Rejuvenates the skin, reduces signs of ageing, and enhances overall complexion through a combination of red, blue, and near-infrared light wavelengths.

Price: € 30

SCULPTA BY DÉESSE PRO

Combines electrical muscle stimulation (EMS), radio frequency (RF), and red LED light therapy. Restores, regenerates, and redefines facial contours while improving skin texture and muscle tone, leaving you with a youthful, radiant appearance.

Price: € 30

OXYGEN INFUSION

Boosts cellular metabolism, enhances hydration, and addresses concerns like anti-ageing and brightening. Suitable for all skin types, it instantly rejuvenates and refreshes, leaving skin plump and glowing.

Price: € 30



Noble Panacea Treatments

THE BRILLIANT GLOW SIGNATURE FACIAL

Experience a divine ritual that infuses your skin with positive energy, well-being, and a pure, radiant glow. The Brilliant Signature Facial featuring The Brilliant Collection is expertly crafted to prevent, preserve, and protect, leaving your skin luminous and Glowing. This rejuvenating treatment features a prolonged fortifying massage that not only promotes relaxation but also enhances your skin's natural defenses and vitality. The treatment focuses on boosting microcirculation and reducing puffiness, while addressing facial fatigue and stress-related tension. Enjoy a youthful, even complexion, leaving your skin looking radiant and healthy.

60 minutes | Price: € 300

THE ABSOLUTE REJUVENATION SIGNATURE FACIAL

Experience a sublime, opulent skincare treatment meticulously designed to repair, restore, and rejuvenate your complexion. This exquisite and revitalizing facial offers profound, ageless efficacy in skin regeneration, renewal, and nourishment, effectively counteracting signs of aging for a youthful, luminous appearance. Crafted with The Absolute Collection, this treatment combines a prolonged invigorating, lifting massage and advanced face cupping techniques to redefine facial contours and achieve exceptional skin results. Your skin is left replenished and revitalized with fine lines and wrinkles diminished, revealing a youthful luminous complexion.

60 Minutes | Price: € 360

THE LYMPHATIC RADIANCE BOOST FACIAL

Achieve an unparalleled radiance with this exceptional facial treatment, designed to deliver outstanding results. Our ultimate brightening facial our signature core products and features a meticulously crafted lymphatic drainage massage to invigorate and stimulate your skin using gentle slow movements for ultimate glow. This treatment not only enhances your skin's natural glow, but also helps protect against and reduce the signs of photoaging while enhancing plumpness by boosting circulation. It effectively eliminates toxins and waste, diminishes fluid retention, and reduces inflammation and swelling addressing facial wrinkles and blemishes, leaving your skin detoxified and glowing. The result is revitalized eyes, radiant and plump skin, and a flawless, red carpet-worthy glow.

Includes Brightening Light Therapy

90 minutes | Price: € 410

THE ULTIMATE LIFT & SCULPT FACIAL

Experience a luxurious rejuvenating treatment that revitalizes your skin, visibly diminishing fine lines and wrinkles to unveil a redefined facial contour. This bespoke facial is expertly designed to enhance the contours of your face, neck, and décolleté. Our distinguished approach integrates Noble Panacea's exclusive prolonged massage with potent formulations from our core collections, each tailored specifically to your needs. Enhanced by refined Gua Sha techniques, this treatment addresses the effects gravity on the skin focusing on loss of elasticity and muscle tone. The result is an instantly lifted and sculpted facial structure, leaving your skin smooth and rejuvenated.

Includes Rejuvenating Light Therapy

90 minutes | Price: € 490

Functional Movement

At Nao, we believe that joy in motion is the key to lifelong wellbeing. Our Brain Gym program is designed to enhance cognitive sharpness while promoting physical agility, ensuring you stay vibrant and active for years to come. Grounded in the latest neuroscience research, our approach supports mental acuity, reduces stress, and fosters long-term cognitive health. Using insights from your unique biomarkers, we create a personalised movement plan that evolves with your body's needs, fitness levels, and preferences. Whether it's hiking, swimming, yoga, or strength training, every program is designed to optimize your longevity and overall wellbeing.

BRAIN GYM PERSONAL TRAINING

Maximise your potential with tailored Personal Coaching. These sessions enhance strength, flexibility, and speed while preventing injury. Integrated Brain Gym exercises sharpen focus, boost memory, and reduce stress, elevating both physical and mental performance.

60 minutes | 90 minutes

Price: € 120 | € 150

Single Session: €120 (60 min)

3-Day Package (60min): €320

5-Day Package (60 min): €540

BRAIN GYM GROUP CLASSES

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.

60 minutes | Price: € 50

PERSONAL YOGA SESSION

Align your body's natural flow with a tailored yoga session. Whether for deep relaxation, flexibility, or strength, our expert instructors guide you through breathwork and mindful movement to restore balance, leaving you centred, revitalised, and empowered.

60 minutes | Price: € 120

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.

90 minutes | Price: € 40 per person (full circuit)





Bookings, etiquette & other details

Reservations

Advance booking is highly recommended to secure your preferred Nao treatments and times.

For reservations, please send an email: nao@bluegr.com or dial extension 2040.

Consultation

Enhance your Nao experience and book a private consultation to determine your needs and design a personalised treatment plan.

Access to the **Hydrotherapy Thermal Circuit** is included with all Nao treatments. For guests wishing to experience our regenerative spaces independently, a reservation is required, and a nominal fee applies.

Check-in

To preserve your peace and relaxation, we recommend arriving at Nao 10-15 minutes before your scheduled appointment.

Late Arrival

In the event of late arrival, the duration of your treatment may be adjusted, though the full treatment price will still apply.

Our Space, your Sanctuary

We strive to maintain an atmosphere of peace, harmony, and relaxation within our spaces. To help us preserve the comfort and privacy of all guests, please observe our guidelines:

- To protect the privacy of all guests, the use of video and still cameras is not allowed.
- Keep your voice at a low volume to preserve the peaceful environment.
- Please switch off mobile phones and electronic devices, and store them in your personal locker before entering.
- Smoking and alcohol consumption are prohibited.

Valuables

We recommend leaving your jewellery in the safe provided in rooms before visiting the Nao. Any jewellery worn to Nao must be removed before your treatment and placed in the designated box.

24-hour notice cancellation policy

Please notify us at least 24 hours in advance of any cancellations or rescheduling. Cancellations or rescheduling with less than 24 hours' notice will incur a 50% treatment charge, while no-shows will be charged 100%.

Payments

All prices include applicable government taxes. All wellness treatments will be charged to your room and will appear on your final account upon departure. Guests may also choose to pay by credit card or cash (please note that cash payments are legally limited to €500 per transaction in Greece).

In-room/Outdoor Massage

Pamper yourself with a massage in the comfort of your guest room. An additional 50% surcharge is applied to the total cost of the massage.

Homecare/Skincare

To extend your Nao experience at home, a variety of skincare products are available at reception. Your therapist will advise you on the best products for your skin type as part of your treatment.

Hygiene

Our team is trained to uphold the highest standards of hygiene to ensure your safety and comfort.

Operation Hours

Nao operates from 09:00-19:00 daily.

For reservations, please send an email: nao@bluegr.com or dial extension 2040.



bluegr nao
longevity

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