



Nao at Minos Palace Resort, Crete, Unveils its 5 Signature Longevity Programmes

by Editorial Team

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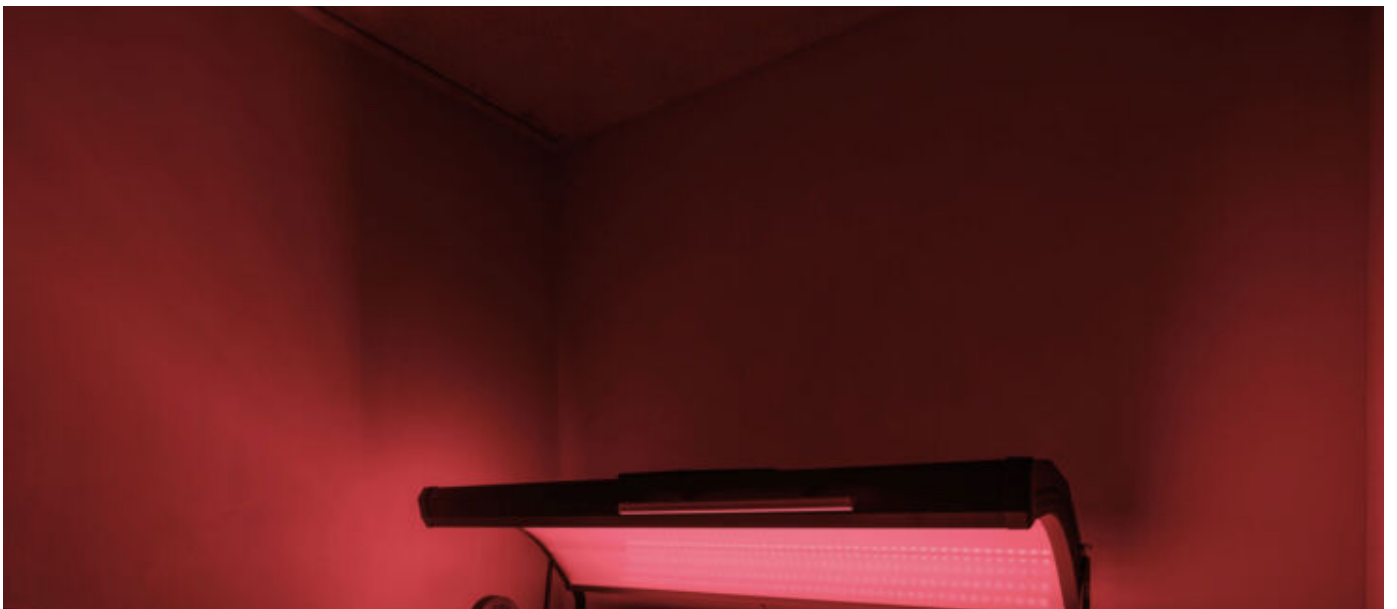
The five-star Minos Palace Resort in Crete, a member of Bluegr Hotels & Resorts, has unveiled details of five signature, personalised longevity programmes available to guests at its newly opened Nao longevity hub.

Taking centre stage as Greece's newest luxury wellbeing destination, Nao integrates ancient healing practices with advanced diagnostics and treatments to target the 12 Hallmarks of



With a choice of 1, 3, 5, 7 and 14-day programmes, Nao is committed to offering tailored itineraries to suit guests at every stage of their longevity journey. Prognostic and biometric tests are central to every programme, each one offering a deeper dive into longevity, with core treatments including, but not limited to:

Brain Gym Personal Training – Exclusive to Nao, cutting-edge cognitive movement sessions to enhance neuroplasticity and mental agility





PBM Red Light Therapy – harnessing photobiomodulation to promote cellular repair and energy production

Hypoxia-Hyperoxia Treatment – targeted oxygen modulation to build resilience and optimise metabolism



Neuromodulation & Vibroacoustics – stimulating the nervous system and restoring balance

Nao's five longevity programmes are meticulously designed to integrate the foundational pillars of well-being: Nutrition, Sleep, Movement, and Self-Mastery, and provide experiences that will

guide guests in expanding not just their lifespan but also their health span.

The multi-day programmes, as well as the one-day Discover programme, also include breakfast, lunch and dinner, designed using individual biometric profiles to provide the optimum nutritious dining experience. The full brochure of five wellbeing programmes is available on request, with details of the two most in-depth options as follows:

Self-Master (7-Day Programme): A week-long immersion designed to help guests master every aspect of their health. Through in-depth evaluation and personalised interventions, participants gain a profound understanding of their unique ageing process via epigenetics and receive tools to continue their journey after their departure. The full programme costs €4,535.

Longevity Pro (14-Day Programme): The pinnacle of the Nao Method, this two-week immersion transforms health, mindset, and lifestyle at the deepest level. It offers enlightening insights and fosters profound shifts, laying the ultimate foundation for a lifelong journey of peak health and longevity. The full programme costs €8,230.

Nao programmes are crafted to be flexible and optional, allowing guests to tailor their experience according to personal preferences.



While therapists provide expert guidance, guests are free to choose their activities, meals, and

overall engagement, promoting a sustainable approach to wellbeing that encourages continuity beyond their stay.

Guests can also select individual treatments from the à la carte menu without committing to a full programme or opt for one of the above two or 3-day wellbeing packages, each designed to address the everyday challenges of modern life:

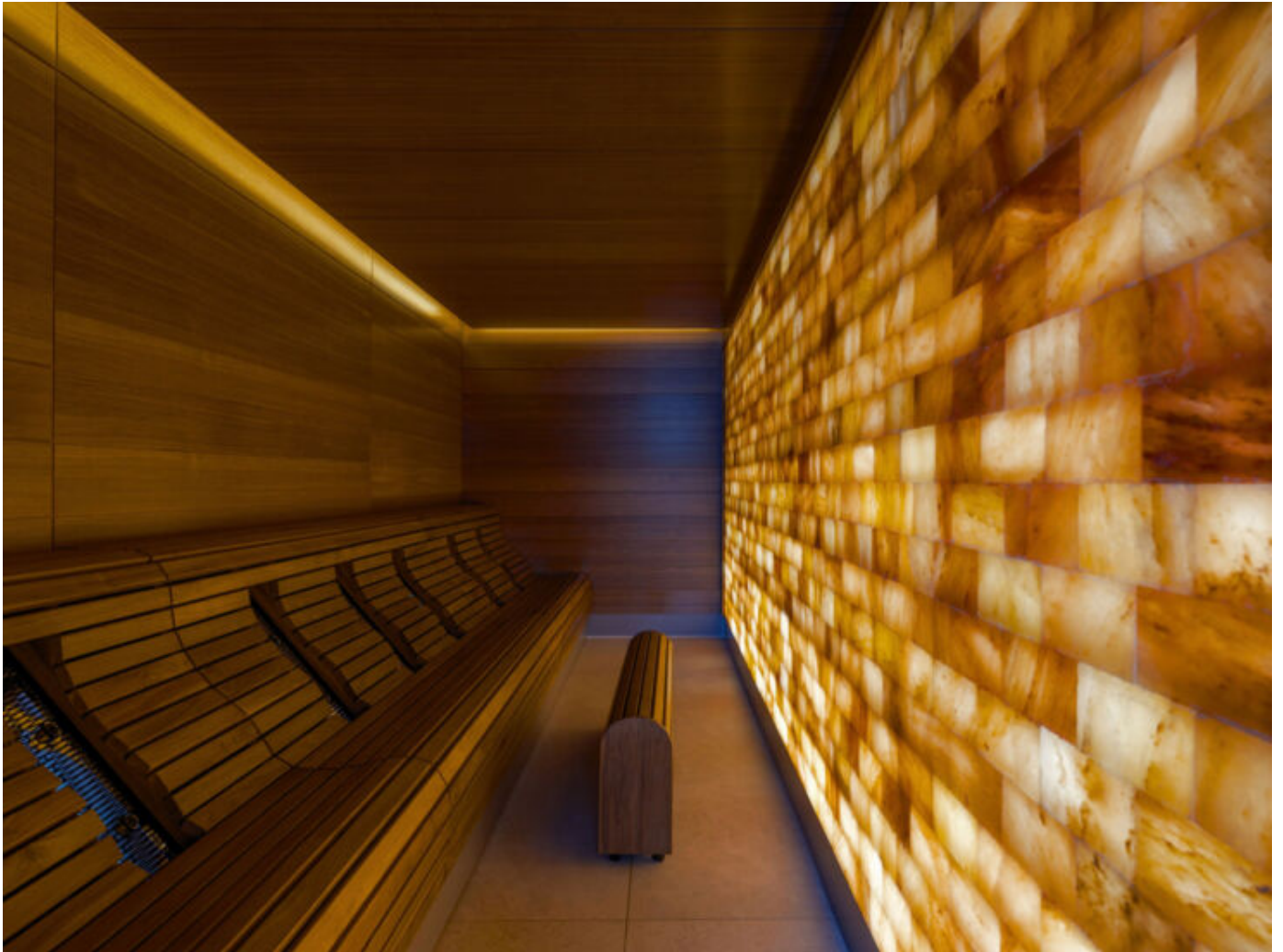
- Prognostics
- Neurobalance & Stress Recovery
- Cognitive movement
- Brain Power Boost
- Anti-Inflammatory



Nao, which in the ancient Greek language means ***“to flow”***, takes its inspiration from water as the source of life and its transformative nature. Conceived as a sanctuary for deep transformation, Nao is a hub designed to cultivate holistic longevity.

Set within Minos Palace Resort, an exclusive adults-only haven offering 360-degree sea views, Nao provides a peaceful and healing experience previously unavailable in Greece.

Nightly rates at Minos Palace Resort start from £189.



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