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Old Thorns Resort, Liphook
22nd - 24th June 2025



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NEWS

Minos Palace Resort unveils Nao longevity spa with interventions tailored to physiological and psychological profiles

POSTED 28 MAY 2025 BY HELEN ANDREWS

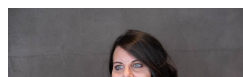
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Nao has a vitality pool, hot and cold plunge baths and a sensory shower tunnel experience Credit: Minos Palace Resort

• **Nao follows an evidence-based approach targeting**

“Our longevity hub and resort attracts



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In the spa and wellness industry, luxury is in the details – from the softness of towels to the scent of treatment rooms. Behind the scenes, the laundry room plays a vital role in maintaining these high standards. [\[more...\]](#)



the hallmarks of ageing – ranging from cellular senescence to mitochondrial dysfunction

- Lifestyle interventions are tailored to each guest's profile based on pre-arrival assessments

Latest issue



Spa Life UK

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- There is a scientific board supporting the spa remotely but on a daily basis it has an in-house doctor, a nutritionist, a life coach and a personal trainer

Minos Palace Resort in Crete has launched a new spa and longevity hub as part of a €5 million (US\$5.2 million, £4.2 million) overhaul of the 150-key resort.

Nao spa has 1,100sq m of data-driven facilities with a concept based on 12 hallmarks of ageing.

These were identified in a research paper originally published in 2013 by professor of biochemistry and molecular biology, **Carlos López-Otín** and his team.

Developed in collaboration with Moss Wellness Consultancy and Stones and Walls architects, Nao follows an evidence-based approach targeting the hallmarks of ageing – ranging from cellular senescence to mitochondrial dysfunction. Its methodology is built on four core pillars: nutrition, sleep, self-mastery and movement.

Lifestyle interventions are tailored to each guest's physiological and psychological profile based on pre-arrival assessments and wellness consultations.

The spa has eight treatment rooms, a brain gym for gentle intentional movement, a cryo chamber, meditation spaces and vibroacoustic lounge rooms (with loungers by Gharieni and soundscapes by Myndstream).

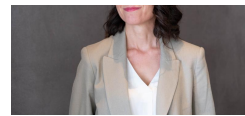
Additional amenities include an infrared sauna, a vitality pool, hot and cold plunge baths, a PBM red light therapy room (with technology by NovoThor), a retail boutique, indoor and outdoor relaxation areas and a sensory shower tunnel experience (supplied by Klafs).

Programming

Guests will be able to choose between immersive two-week retreats and more flexible options.

individuals who are proactive, curious and deeply invested in improving their quality of life through science-led therapies”

– **Anastasia Konstantaros**, Nao wellbeing director



Credit: Minos Palace Resort



W3Spa EMEA returns to spark spa and wellness industry “Zest for Success” in Malta

W3Spa EMEA, produced by We Work Well Events, represents the next generation of hosted buyer events – connecting like-minded leaders in the spa and wellness industry through pre-scheduled one-on-one meetings and energising activities. [\[more...\]](#)

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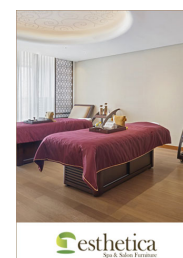
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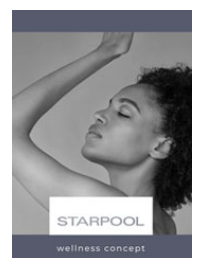
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Nao's prognostic and biometric testing assesses metabolic, heart, lung and cellular fitness, as well as HRV, body composition, epigenetics, stability, mobility and coordination.

This data informs personalised lifestyle adaptations, including customised meal plans, sleep schedules, fitness regimens and mindfulness practices.

The spa uses a range of technology to create these measurements and suppliers include Mecotec, Heartmath, Muhdo, PNOE and Food Oxys.

There is a scientific board supporting the spa remotely but on a daily basis it has an in-house doctor, a nutritionist, a life coach and a personal trainer, in addition to spa therapists.

À la carte treatments are also on offer and are organised on the menu in seven sections:

- Prognostics and biometrics
- Wellbeing technologies – neuromodulation, intermittent hypoxia-hyperoxia treatments, PBM red light therapy, cryotherapy and vibroacoustic sound therapy
- Self mastery – journalling, breathwork and sound healing
- Functional body therapies – in partnership with The Tides
- Body wellbeing – in partnership with The Tides
- Skincare therapies – in partnership with The Tides, QMS Medicosmetics and Déesse Pro
- Functional movement – personal training, yoga, HIIT and joint conditioning

Other activities on offer include watersports, tennis and hiking, while the resort's private beach, infinity pool and tranquil gardens offer further relaxation.

Nao's wellbeing director, Anastasia Konstanaros, told *Spa Business* exclusively, "Nao was created for the modern wellness seeker – guests who no longer view spa as an indulgence, but as an essential part of their health strategy. Our longevity hub and resort attracts individuals who are proactive, curious and deeply invested in improving their quality of life through science-led therapies, personalised protocols and a holistic approach to ageing well. Whether they come to reset, to learn, or to prevent, our guests are united by a shared intention to live not just longer, but better."

[We originally reported on this story here.](#)

About Bluegr Hotels and Resorts

Family-owned Bluegr Hotels and Resorts features some of Greece's leading luxury hotels that seek to blend the three pillars of quality tourism: exceptional service, hospitality excellence and breathtaking locations.

Bluegr Hotels and Resorts's portfolio includes hotels in Crete and Athens.

Nao suppliers

Architects: Stones & Walls

Concept development and design: Nigel Franklyn and Moss Wellness Consultancy



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Skincare: The Tides & QMS

Pools: Osmo

Infrared sauna: Klafs

Emotional shower: Klafs

Cryo chamber: Mecotec

Uniforms: A+M Athens, Kimisso

Towels and spa linens: Kimisoo

Treatment beds and vibroacoustic chair: Gharieni

Music: Myndstream

Photobiomodulation therapy bed: Novothor

Body scan analyser: Styku

Metabolism measurement: PNOË

IHHT: Cellgym

LED masks: Déesse

Neuromodulation: Plato

Vagus nerve stimulator: Pulsetto

Sleep tracker/analyser: Frenz

Fitness equipment: Reaxing, Ostracon

Software: Afrodite by Eurotel

Lockers: Custom-made by Minos Palace Resort team

Sofas/relaxation beds: Gharieni

Sofas: Ferm living, Audo Copenhagen

Lounge chair vitality pool: Swiss pearl

Relaxation Beds: Kristalia, Adorno (custom-made sofa), Vagenas (custom-made patio daybeds and vitality pool pouffes)

Coffee tables and desk: Ethnicraft

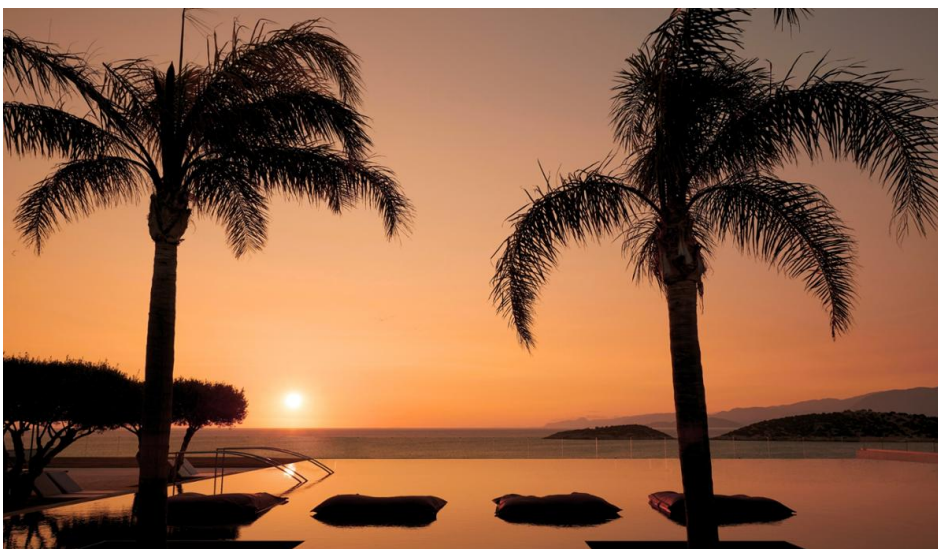
Office chairs: Pedrali

Stools: Byboo, Kave home and Home Deco

Upholstery: Casamance, Puro Lino, Capri

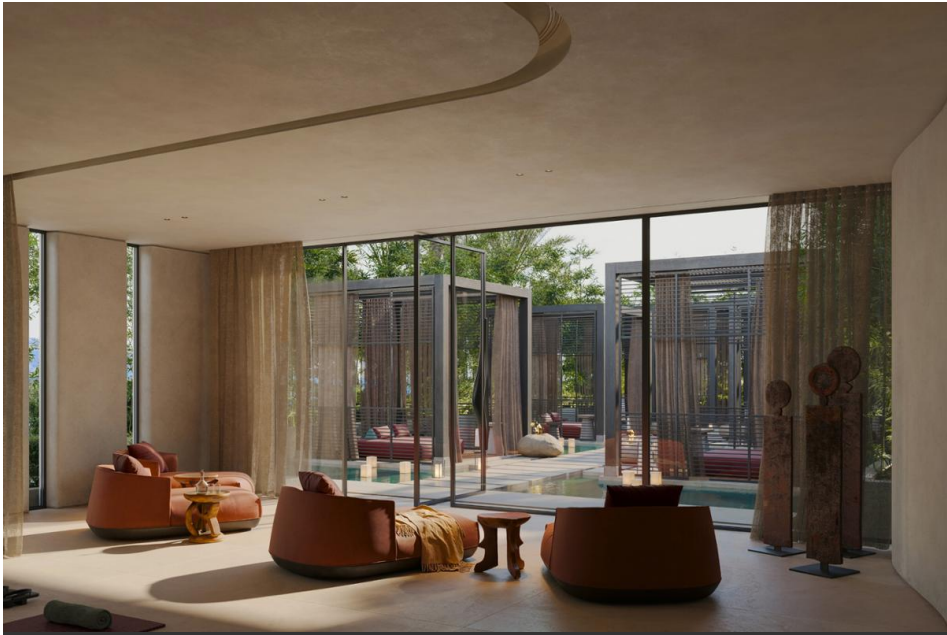
Decorative furnishings: Atelier C& S Davoy, Manufactori

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The resort is located on the Greek island of Crete Credit: Minos Palace Resort



The resort has a range of indoor and outdoor relaxation spaces including this one in the longevity spa Nao Credit: Minos Palace Resort



The resort is part of the family-owned Bluegr Hotels & Resorts portfolio Credit: Minos Palace Resort

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Longevity clinic Humanaut Health to open first franchise as investment drives expansion

A clinic offering longevity medicine and health optimisation packages, Humanaut Health, will launch its first franchise in Palm Beach Gardens in Florida, US, in July – following the success of its flagship centre in Austin Texas that launched in October last year.

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Echelon Health launches dementia assessment

Echelon Health has introduced a dementia assessment as part of its mission to detect disease at its earliest stage.

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Millennials and Gen Zers are redefining the wellness landscape, according to the recently released McKinsey *Future of Wellness 2024* research report.

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Rimini Wellness kicks off in Italy with speeches, research and a new forum on sustainability

Rimini Wellness has launched again this year in the Rimini Expo Centre, bringing wellness, fitness, healthy nutrition and sport professionals together until 1 June.

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