

Fact Sheet

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About Minos Palace Resort - The Place of Wellbeing

The adults-only sanctuary, where innovative wellbeing and a unique landscape come together to create a transformative journey.

Location

Secluded on its private peninsula, Minos Palace Resort offers 360° sea views, resembling an island within an island, it is located between the town Agios Nikolaos and Elounda village.

At a Glance

- 101 Rooms, 12 Suites & 9 Bungalows
- 28 Suites with private pool
- Nao Longevity Hub
- 2 Restaurants & 2 Lounge Bars
- Private dining
- Organic herbal garden
- Wine library
- One private blue flag-awarded beach
- One outdoor freshwater infinity pool
- Secluded sunloungers with panoramic sea view
- Diving and Watersports center
- Indoor & Outdoor gym
- Weekly recreational programme
- One tennis court
- Blue bikes
- Accessible rooms
- Vegetable garden
- Authentic local experiences
- Hosting intimate ceremonies and celebrations

Management: Bluegr Hotels & Resorts

Category: 5 Star Adults-Only Hotel

Getting Here: The hotel is easily accessible via a 60-minute car ride from Heraklion Airport (HER) or a 60-minute car ride from Heraklion Port, or a 180-minute car ride from Chania Airport (CHQ).



Nao, Longevity Hub - The Scientific Journey to Longevity

Nao lies at the heart of Minos Palace Resort. Through diagnostics and ultra-personalization, we usher in a new era of wellbeing, powered by science.

Nao Longevity Hub at a Glance

Two-Floor Area:

- 8 single treatment rooms
- 2 consultation rooms
- 1 Brain Gym
- 3 touchless therapy rooms (featuring Photobiomodulation Bed, Vibroacoustics Lounger, and Cryo Chamber)
- Reception and retail space
- Infrared sauna
- Hot and cold plunge pools
- Vitality pool
- Emotional tunnel
- Indoor and outdoor relaxation areas
- Meditation area

Rooms & Bungalows

Zen Double Room

30sqm | 1-2 guests | king size bed | walk-in shower | double vanity | balcony with sitting area

Zen Sea View Room

30sqm | 1-2 guests | king size bed | walk-in shower | double vanity | balcony with sitting area

Sunrise Sea View Room

30sqm | 1-2 guests | king size bed | walk-in shower | double vanity | balcony with sitting area

Sunset Sea View Room

30sqm | 1-2 guests | king size bed | walk-in shower | double vanity | balcony with sitting area

Infinity Blue Room

30sqm | 1-2 guests | king size bed | walk-in shower | double vanity | balcony with sitting area

Infinity Blue Room with Private Sundeck

30sqm | 1-2 guests | king size bed | walk-in shower | double vanity | balcony with sitting area

Zen Beachfront Bungalow

30sqm | 1-2 guests | king size bed | walk-in shower | double vanity | living area | balcony with sitting area

Suites

Zen Sea View Suite

46sqm | 2-4 guests | king size bed | walk-in shower | double vanity | living room | balcony with sitting area

Zen Sea View Suite with Private Garden

38sqm | 1-2 guests | king size bed | walk-in shower | double vanity | living area | private garden with sitting area

Infinity Blue Suite

46sqm | 1-2 guests | king size bed | walk-in shower | double vanity | walk-in closet | living area | balcony with sitting area

Sunset Suite with Private Pool

38sqm | 1-2 guests | king size bed | walk-in shower | double vanity | walk-in closet | living area | outdoor sitting area and daybeds | freshwater pool

Infinity Lagoon Suite with Private Pool

38sqm | 1-2 guests | king size bed | walk-in shower | double vanity | walk-in closet | living area | outdoor sitting area and daybeds | freshwater pool | lagoon Infinity pool

Waterfall Suite with Private Pool

61sqm | 1-2 guests | king size bed | walk-in shower | double vanity | walk-in closet | living area | outdoor sitting area and daybeds | freshwater pool | waterfall feature

Amenities

Bathrobes & Slippers | Hair Dryer | Welcome Amenities | Daily Housekeeping Service | Daily Turndown Service on Suites | Direct Dial Phone | Wireless Internet | Intuitive KNX Eco-System, lighting scenarios | Extensive mini bar | Coffee & tea facilities | Personal Safe | In-Room Service | Concierge Service | Laundry Service

Accessible rooms are available in the Zen Double Room and Zen Sea View Room categories.



Dining

Wellbeing is an integral part of our dining concept. Discover menus that transform seasonal, restorative ingredients into nourishing, heart-warming dishes, all served in a natural setting, surrounded by sea.

Amar Restaurant

A beachside escape where traditional Mediterranean recipes, fresh ingredients, and culinary creativity come together in a modern fusion.

Mom Restaurant

An indoor-outdoor space where conscious living meets the science of wellbeing, nourishing your journey to longevity. Open all day with à la carte and buffet options.

Nama Pool Bar

Carefully crafted cocktails and bites made with fresh, invigorating ingredients. Cocktails curated by Baba au Rum, ranked among The World’s 50 Best Bars.

Mosa Beach Bar

A manifestation of freedom. Discover an inspiring selection of cocktails and mocktails against the backdrop of the awe-inspiring ocean.

Dine your Way

From secluded beachfront dinners to intimate settings in our gardens, let us treat you to exclusive private dining experiences.



Experiences

Discover new ways to ignite your soul. Our team is ready to assist you in planning your itinerary.

Cooking & Mixology Class

Wine Tasting

In-room Dining

Floating Dining

Live DJ Sets

Fitness & Wellness Classes

The Vegetable Garden Experience

Visit to Spinalonga

Hiking in Gorges

Rural Villages Discovery

Experience the town of Ag Nikolaos

Environmental Activities

Wine Tour

Snorkelling & Diving

Boat Trip

Women in Action

What sets us Apart

Adults-only sanctuary

Private peninsula

Innovative personalized wellbeing

360° sea views

Private sandy beach

Mindful eating

Infinity Pool with panoramic sea views

Spaces designed for transformation

Weekly recreational programme

Herbal gardens

Conscious living

Lifestyle interventions



Nao Longevity Programmes

Learning the ways of longevity with the state-of-the-art prognostics with ultra-personalized treatment plans grounded by the Nao approach to wellness: nutrition, movement, sleep, self-mastery and connection & purpose.

- One-Day Discovery
- Three-Day Transform
- Five-Day Self-Optimize
- Seven-Day Self-Master
- Ten-Day Longevity Advanced
- Fourteen-Day Longevity Pro

Longevity Programmes Key Inclusions

Prognostic & Biometric Tests

Advanced Treatments & Interventions

Outdoor Wellness & Fitness Group Sessions

Consultation with Nao Scientific Board & Nutritionist

Custom Full Board Meal Plan

Unfold your Nao Longevity Programme Journey

Your journey begins with a personalized consultation and biometric tests, followed by a tailored itinerary of treatments and nutrition. Continue your progress beyond your stay with take-home guidance and follow-up support.



Nao Wellbeing Packages

Our wellbeing packages are goal-oriented, targeting specific concerns such as detoxification, cognitive clarity, and a deeper 360° understanding of yourself.

- Anti-Inflammation Package
- Skin Renewal
- Optimized Fitness Package
- Prognostics & Biometrics Package
- Stress Recovery Package

À La Carte Wellbeing, Nao Brochure

Discover over 60 treatments and therapies shaping Nao's science-led approach to longevity. From prognostics and wellbeing technologies to body, skin, and movement therapies, each designed to restore balance and vitality.

About Nao Method

The Nao Method is an ultra-personalized approach to wellbeing that draws on the latest findings in longevity science. By harnessing your unique biochemical, genetic, and cellular makeup, we aim to optimize your body's functions, transforming how you eat, sleep, react, and move. Our goal is to slow down the aging process and potentially reverse its effects, extending both lifespan and health span, while unlocking the wisdom inherent within your body.

