



Situated on a secluded private peninsula, with 360-degree views of the glimmering blues

An adults-only sanctuary, where innovative well-being and a unique landscape come together to create a transformative journey.





Our private beach



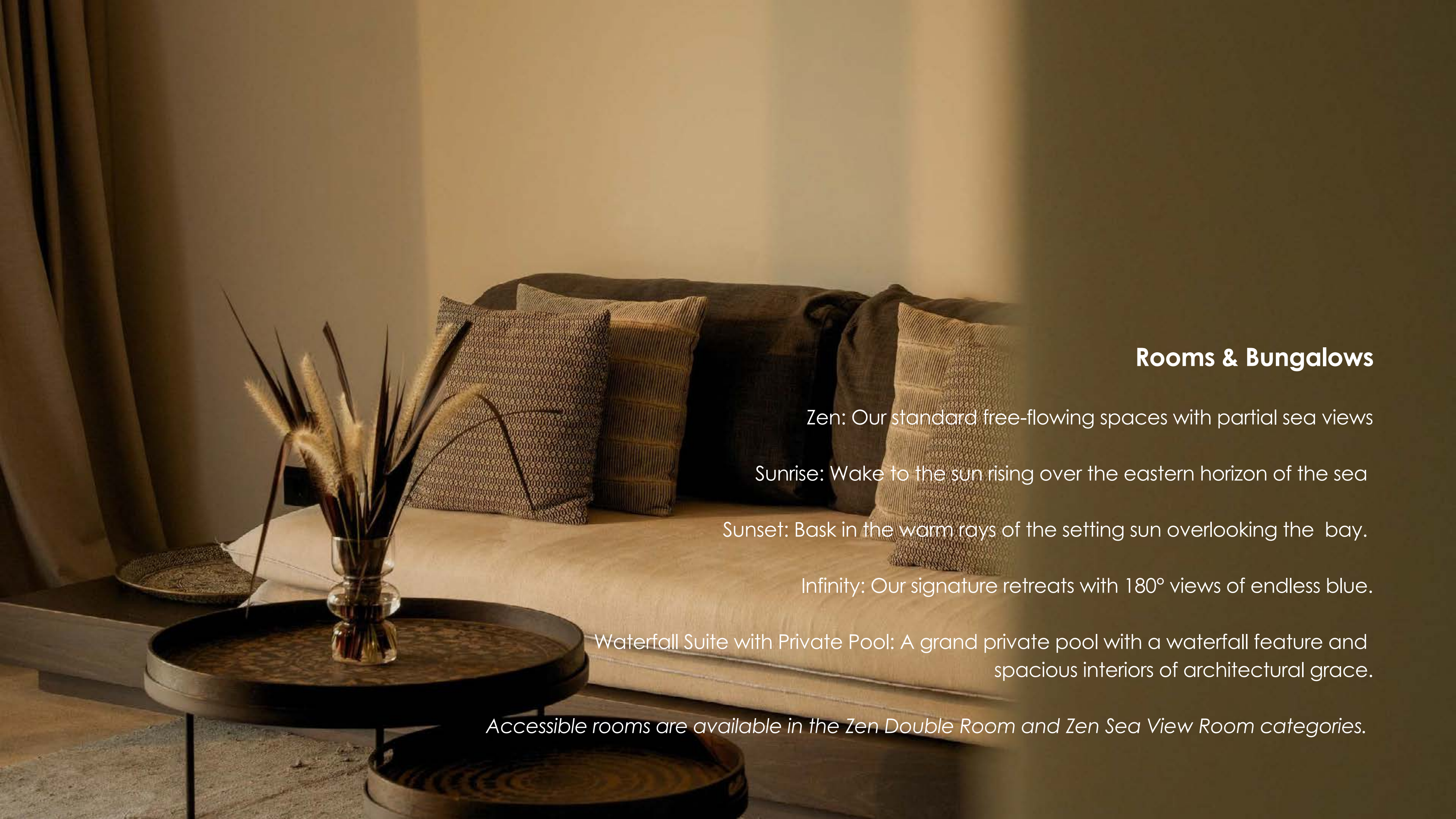
Our re-imagined entrance





101 Rooms, 12 Suites & 9 Bungalows
28 Suites with private pool

Awash with earthy, neutral palettes and conscious materials to blend seamlessly
with the coastline



Rooms & Bungalows

Zen: Our standard free-flowing spaces with partial sea views

Sunrise: Wake to the sun rising over the eastern horizon of the sea

Sunset: Bask in the warm rays of the setting sun overlooking the bay.

Infinity: Our signature retreats with 180° views of endless blue.

Waterfall Suite with Private Pool: A grand private pool with a waterfall feature and spacious interiors of architectural grace.

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



Sunrise Sea View



Infinity Blue View



Suites



Sunset Suite with Private Pool

Infinity Lagoon Suite Private Pool





Waterfall Suite with Private Pool







Amar Restaurant From Ancient Greek $\alpha\mu\acute{\alpha}\rho\alpha\nu\tau\omicron\varsigma$ (amárantos) meaning eternal, everlasting, enduring.



Nama Pool Bar From Ancient Greek $\nu\acute{\alpha}\mu\alpha$ (nâma) meaning running water, stream, river, spring.



Mom Restaurant An invigorating experience where all the elements of life are in balance.



Mosa Beach Bar From Ancient Greek $\mu\omicron\sigma\alpha$ (mosa) meaning muse.a fast-paced world.

Experiences

Enjoy tailored experiences, from cooking classes and yacht cruises to sound healing, private dining, diving, and more, personalized to your preferences or special occasion.





Danae Stratou, Virtuous Spiral (2025)



Stratis Tavlaridis, Long waves (2024)



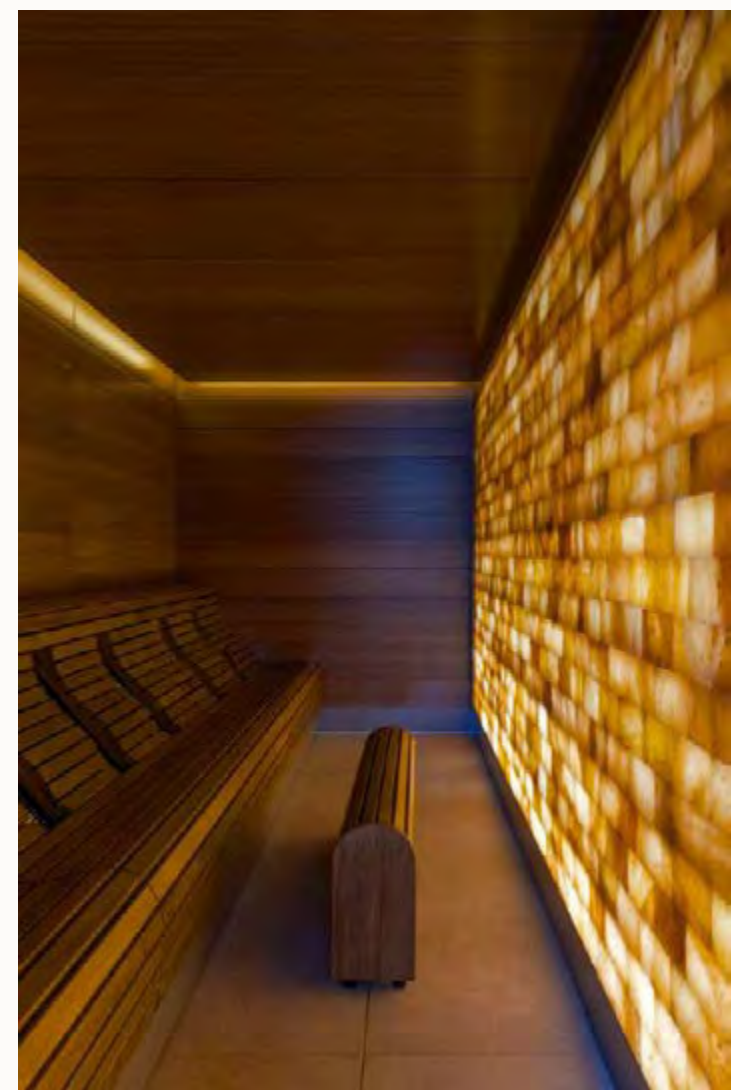
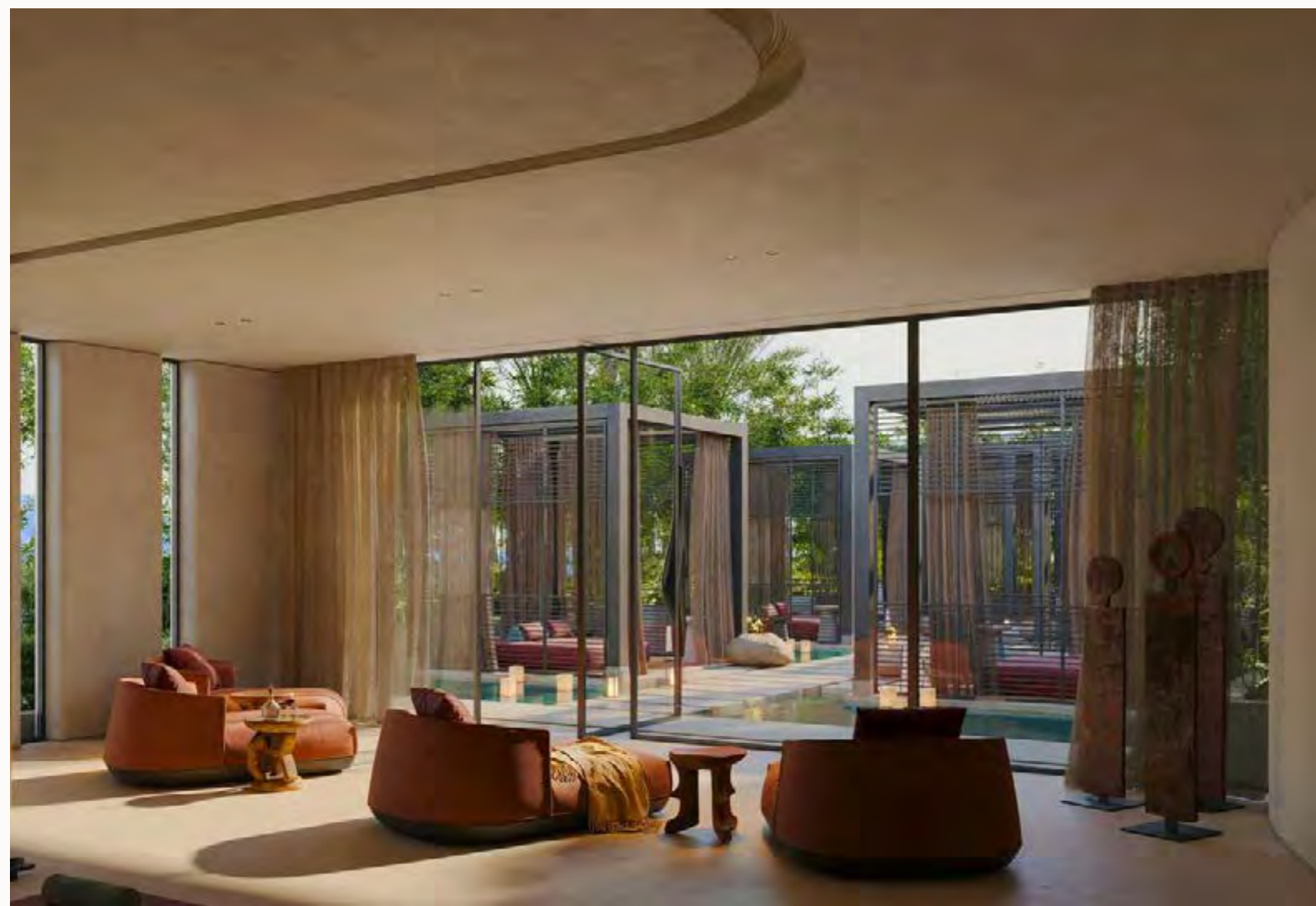
Maria Louizou, Six Breaths per Minute (2021-24)



Ami Yamasaki, Whispers travel and whisper to you again (2023)



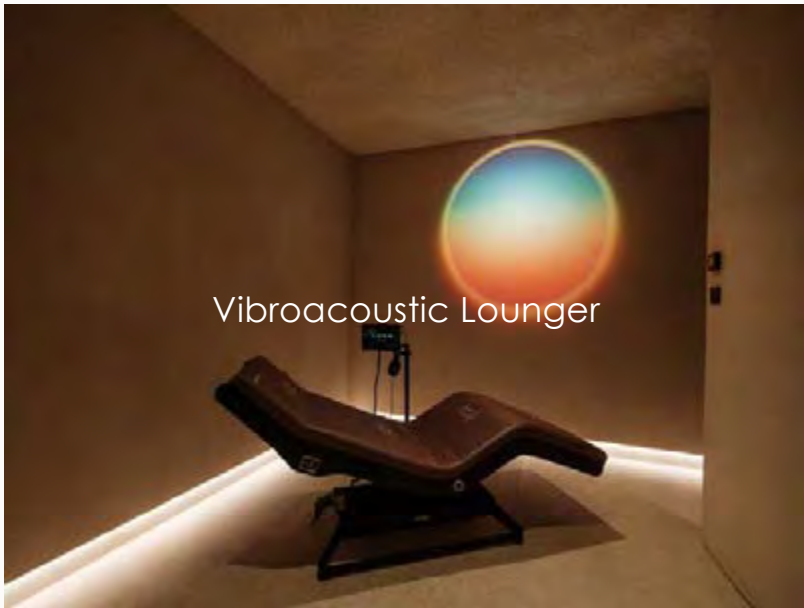
Nao, from the ancient Greek meaning “to flow,” draws inspiration from water as the source of life and its transformative nature. Conceived as a sanctuary for deep transformation, Nao is a hub for cultivating holistic longevity.



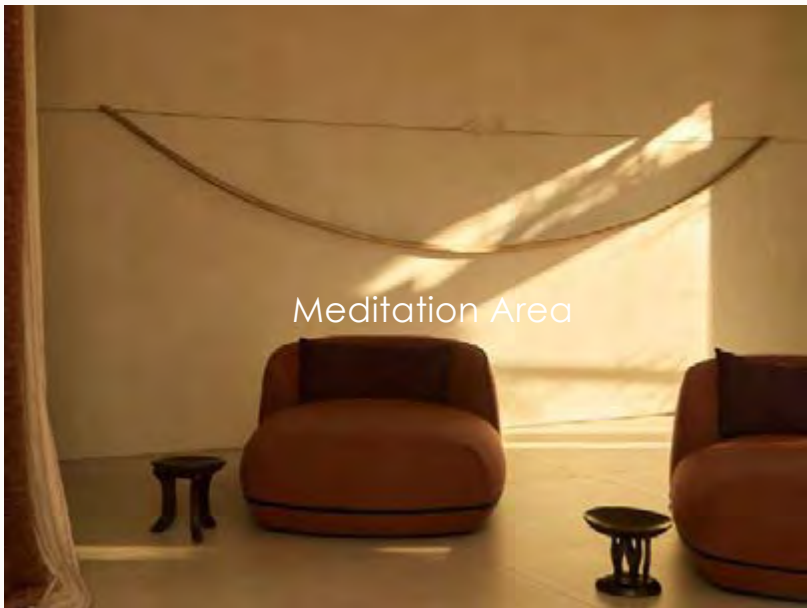
Nao Spaces



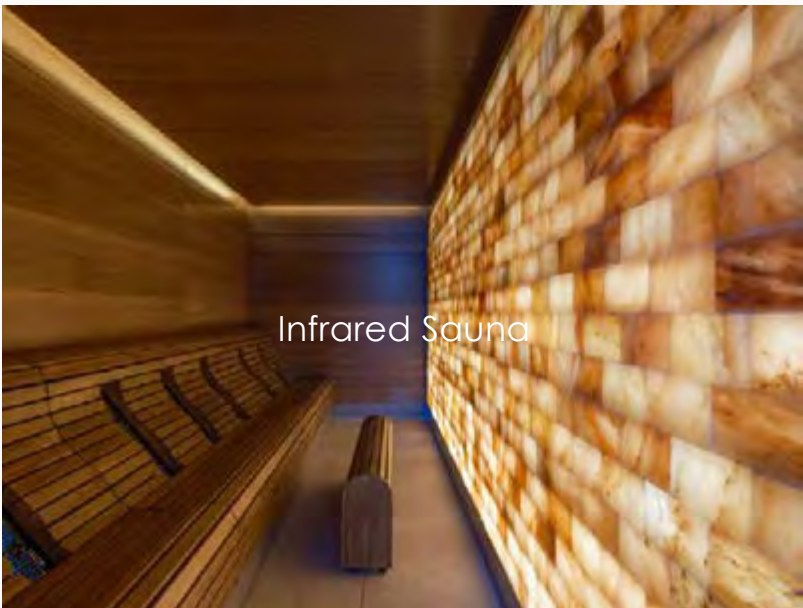
Cryotherapy



Vibroacoustic Lounger



Meditation Area



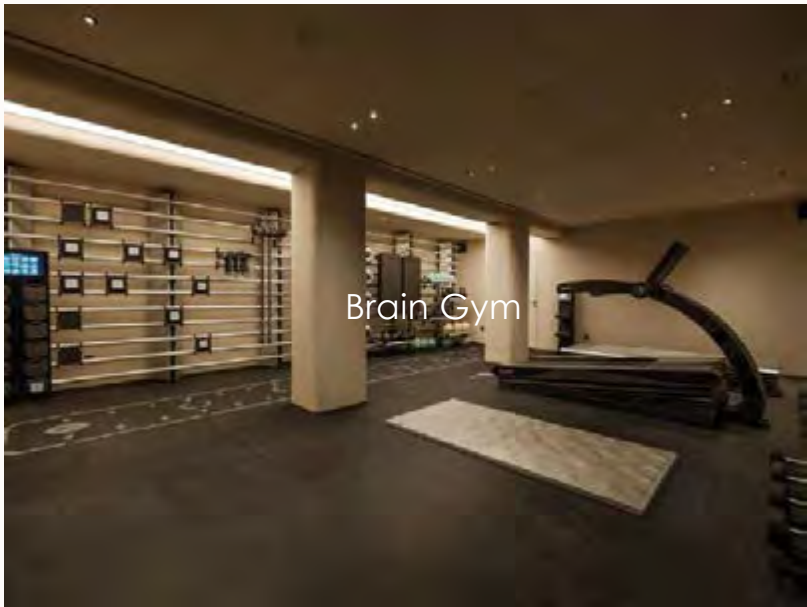
Infrared Sauna



8 Treatment Rooms



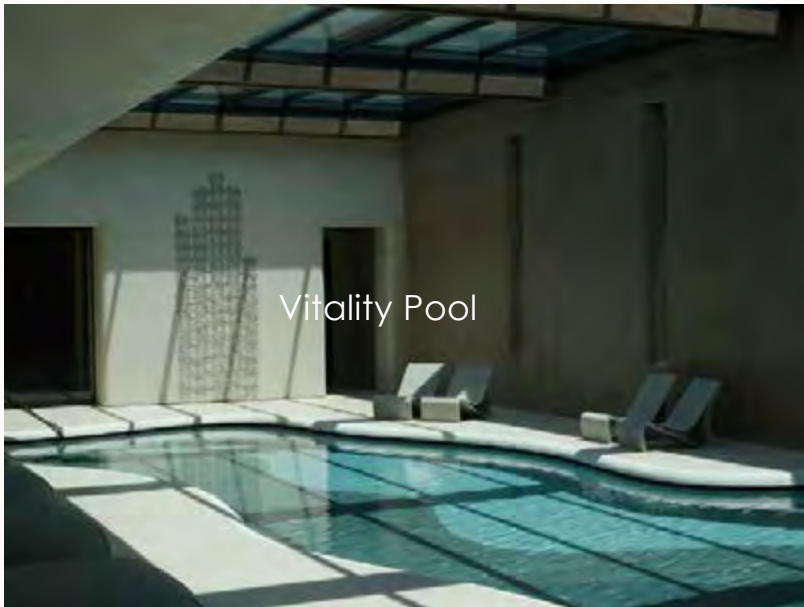
Photobiomodulation Room



Brain Gym



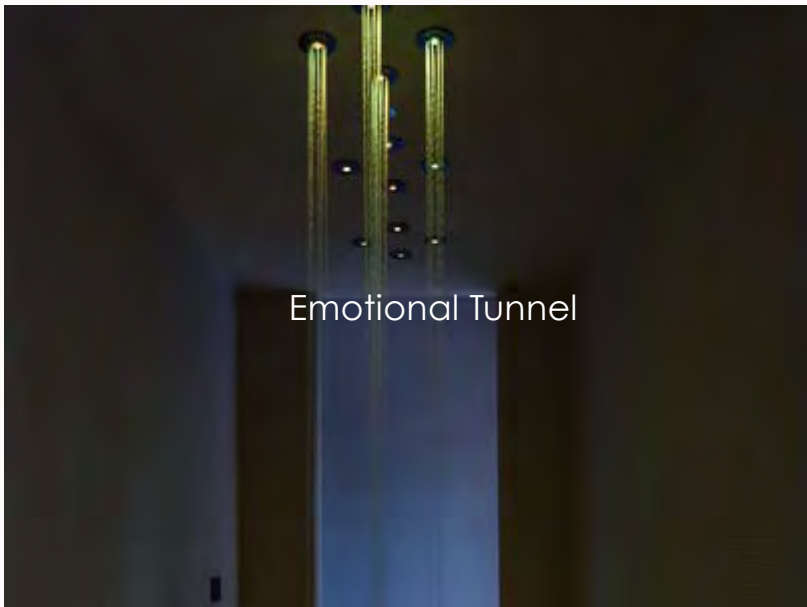
Relaxation Area



Vitality Pool



Hot & Cold Plunge



Emotional Tunnel



Consultation Room

The 5 Pillars of wellbeing

Our method is based on four pillars, each embedding interventions that target specific aspects of the 14 hallmarks of aging.



Nutrition



Sleep



Self-Mastery



Movement



Connection
& Purpose

Nao Longevity Programmes

1 DAY -----> 14 DAYS

Guided by the Nao Method, each program combines state-of-the-art prognostics with ultra-personalized treatment plans across core pillars of wellness: Nutrition, Movement, Self-Mastery, and Sleep.

Programs crafted to provide lasting, precision-based wellbeing, empowering guests to achieve sustainable health and vitality

DISCOVER PROGRAMME	One-day
TRANSFORM PROGRAMME	Three-day
SELF-OPTIMISE PROGRAMME	Five-day
SELF-MASTER PROGRAMME	Seven-day
LONGEVITY ADVANCED	Ten-day
LONGEVITY PRO PROGRAMME	Fourteen-day

Nao Wellbeing Packages

ANTI-INFLAMMATION PACKAGE

OPTIMIZED FITNESS PACKAGE

SKIN RENEWAL PACKAGE

STRESS RECOVERY PACKAGE

PROGNOSTICS & BIOMETRICS PACKAGE

A la carte options available



How your nao journey unfolds

Your guided nao experience begins before you even arrive – and continues after you depart.

Discover what the path holds.

