



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

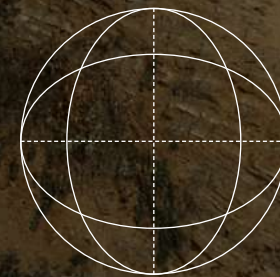
A threefold transformation

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.



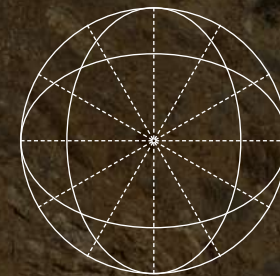
KNOW THYSELF

Reflect



BE THYSELF

(Re)connect



LOVE THYSELF

Balance & sustain



OUR APPROACH

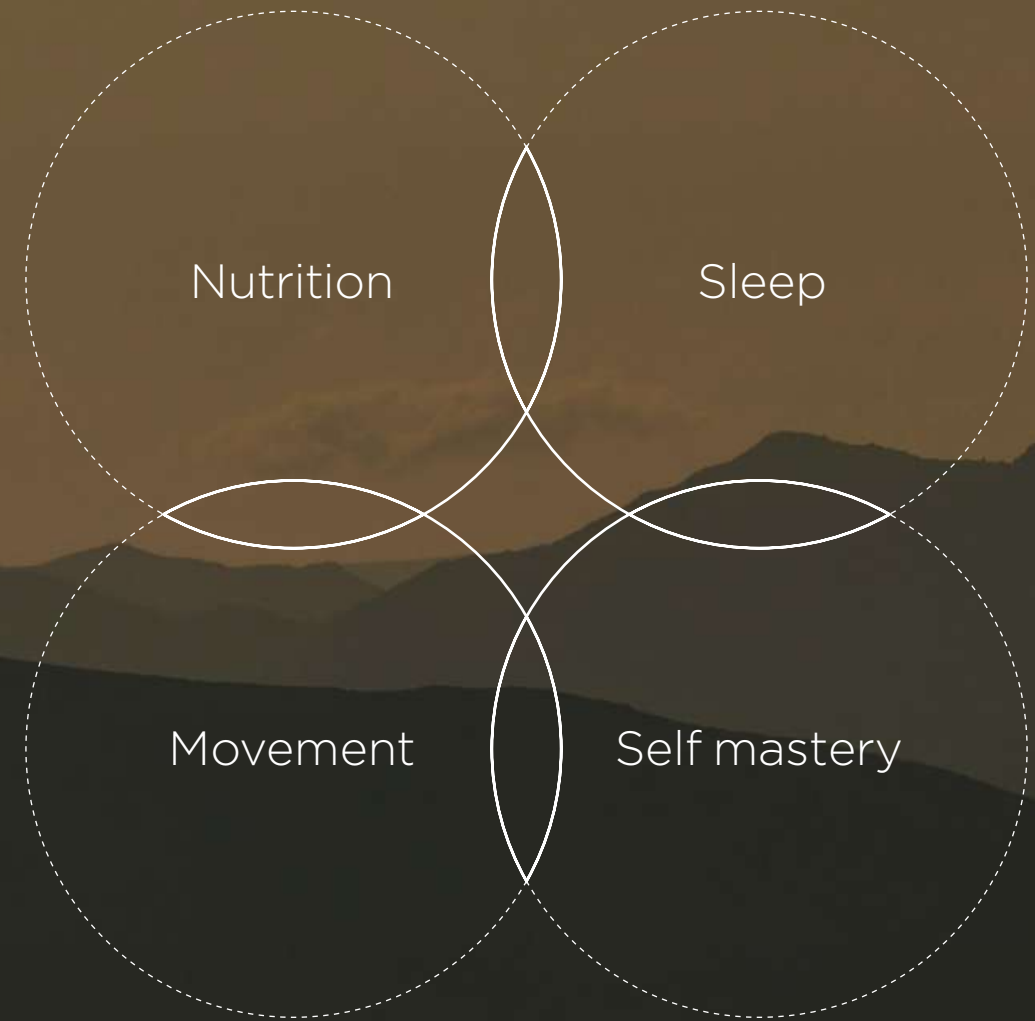
The Nao method

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 12 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 wellbeing. 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 four pillars



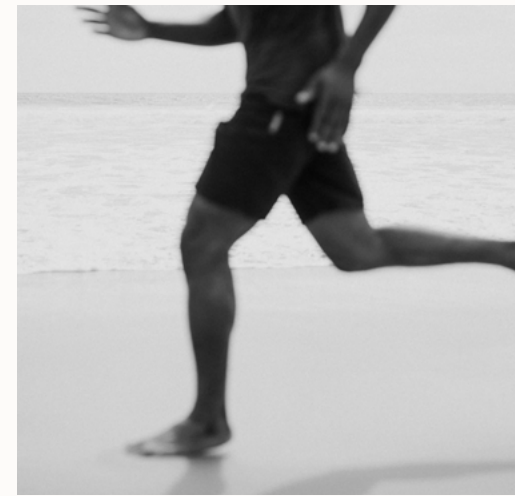
NUTRITION

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, honouring 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. Additionally, we go beyond physical exercise by incorporating 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 wellbeing. Every movement is purposeful, honouring the harmonious interplay between your body and the most potent medicine, time.



SELF MASTERY

The ability to understand and channel emotions with empathy is a source of inner power. 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 - enhanced with modern technology to deepen self-awareness and foster inner equilibrium. Cultivating mental fitness is self-mastery, bringing clarity and balance to sustain emotional wellbeing through the cycles of life.

The 12 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 12 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 four core pillars — Nutrition, Sleep, Self mastery and Movement — 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 ageing.



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.



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
- 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 programmes

EXPLORE € 370

Your entry point into longevity and wellbeing, this programme focuses on understanding your cardiovascular and metabolic health along with your stress state. Designed for those looking for a snapshot of their wellness, offers practical insights for immediate, meaningful change.

INCLUDES

Prognostics & Biometrics

- 1 x Resting Metabolic Rate Assessment or Maximal Oxygen Uptake Assessment based on Consultation with Health Coach
- 1 x HRV Assessment
- 1 x Wellbeing Body Composition
- Nutritional guidance

DISCOVER € 1070

A fuller, 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 Maximal Oxygen Uptake Assessment based on Consultation with Health Coach
- 1 x HRV Assessment
- 1 x Wellbeing Body Composition
- 1 x Balance and Strength Assessment

Nutrition, Sleep, Self Mastery, Movement

- 1 x Prescribed Personal Training Session
- 1 x Cryotherapy
- 1 x PBM Red Light Therapy Session
- 1 x 60 minute BrainBody Connection
- 3 x Meal according to nutritional advice

Three-Day programme

TRANSFORM € 2375

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
- Maximal Oxygen Uptake Assessment
- Biological Age
- 1 x HRV Assessment
- 1 x Wellbeing Body Composition
- 1 x Balance and Strength Assessment

Nutrition, Sleep, Self Mastery, Movement

- 3 x Prescribed Brain Gym Personal Training Session
- 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 Functional Body Therapy
- 1 x 60 minute Wellbeing Body Treatment
- 1 x 60 minute Facial Therapy
- Breakfast, Lunch & Dinner according to nutritional advice (7 meals)

Five-Day programme

SELF-OPTIMISE € 2840

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
- Maximal Oxygen Uptake Assessment
- Biological Age
- 1 x HRV Assessment
- 1 x Wellbeing Body Composition Scan
- 1 x Balance and Strength Assessment

Nutrition, Sleep, Self Mastery, Movement

- 3 x Prescribed Brain Gym Personal Training Session
- 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 60 minute Prescribed Functional Body Therapy
- 1 x 60 minute Wellbeing Body Treatment
- 1 x 60 minute Facial Therapy
- Breakfast, Lunch & Dinner according to nutritional advice (13 meals)

Seven-Day programme

SELF-MASTER € 4535

Discover the secret to longevity with a seven-day programme designed to help you master every aspect of your health. Through an in-depth evaluation and personalised interventions, you will gain a profound understanding of your unique ageing process through epigenetics and be equipped with take-home tools to continue your journey to longevity long after your stay.

INCLUDES

Prognostics & Biometrics

- 1 x Precision Health & Wellbeing Analysis
- DNA Transform
- Resting Metabolic Rate Assessment
- Maximal Oxygen Uptake Assessment
- Biological Age
- 1 x HRV Assessment
- 1 x Wellbeing Body Composition
- 1 x Balance and Strength Assessment
- 1 x Antioxidant Capacity (Glutathione Level)

Nutrition, Sleep, Self Mastery, Movement

- 5 x Prescribed Brain Gym Personal Training Session
- 2 x Movement Group Session
- 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 Functional Body Therapies
- 1 x 60 minute Wellbeing Body Treatment
- 1 x 120 minute Wellbeing Body Treatment
- 1 x 60 minute Facial Therapy
- Breakfast, lunch & dinner according to the nutritionist's advice. (19 meals)

Fourteen-Day programme

LONGEVITY PRO € 8230

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
- Maximal Oxygen Uptake Assessment
- Biological Age
- 1 x HRV Assessment
- 1 x Wellbeing Body Composition
- 1 x Balance and Strength Assessment
- 1 x Antioxidant Capacity (Glutathione Level)

Nutrition, Sleep, Self Mastery, Movement

- 10 x Prescribed Brain Gym Personal Training Session
- 5 x Movement Group Session
- 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 Functional Body Therapies
- 2 x 60 minute Wellbeing Body Treatment
- 1 x 120 minute Wellbeing Body Treatment
- 1 x 60 minute Facial Therapy
- 1 x 90 minute High Tech Facial
- 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 20 days of sample receipt
Price: € 200

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 20 days of sample receipt
Price: € 300

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 | 45 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 | 45 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
90 minutes
Price: € 300



PRECISION HEALTH & WELLBEING ANALYSIS

Based on the results of your DNA Transform epigenetic test and metabolic rate analysis and considering your lifestyle and environments, our experts will craft a holistic and personalised nutritional and movement plan with therapies and prevention strategies based on your unique backgrounds and conditions to empower healthspan and longevity.

Available Pre-arrival & Onsite Remote Consultation on Onsite test once genetic test result is received
Price: 500 euros

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: € 130

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

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

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

Treatments & Interventions

Wellbeing Technologies

The body is an intricate system, constantly adapting and evolving. Over time, the 12 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: € 125 | € 575

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: € 50 | € 200

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



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

THE NAO JOURNALING SESSION

A practice as old as time, journaling deepens self-awareness by holding up a mirror to your emotions, thoughts, and behaviours. Both a physical and virtual tool for developing emotional intelligence through self-reflection, it helps identify patterns, tracking lifestyle, setting self-development goals, and monitoring growth. TNM wellbeing coaches will guide you with prompts to document your journey and create a journaling practice that extends 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.

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

GROUP BREATH MEDITATION SESSION

Breath is unique to us, and it unites us. Inspired by ancient methods, this collective experience is a simple but powerful heart-focused meditation practice.

Benefits: increases coherence and brings optimal functioning within the body while decreasing the effects of stress and negative emotions. It changes your response to stress from a fight or flight response to rest, restoration and increased positive emotions.

45 minutes | Price: € 35

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

The ancients knew the power of sound, and even talked of music, and harmony, as a condition of existence. We draw on the therapeutic power of a diverse range of sound therapies, including crystal singing bowls, Tibetan singing bowls and gongs. Each instrument creates unique vibrations, creating an orchestra of sound healing and sound bathing.

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

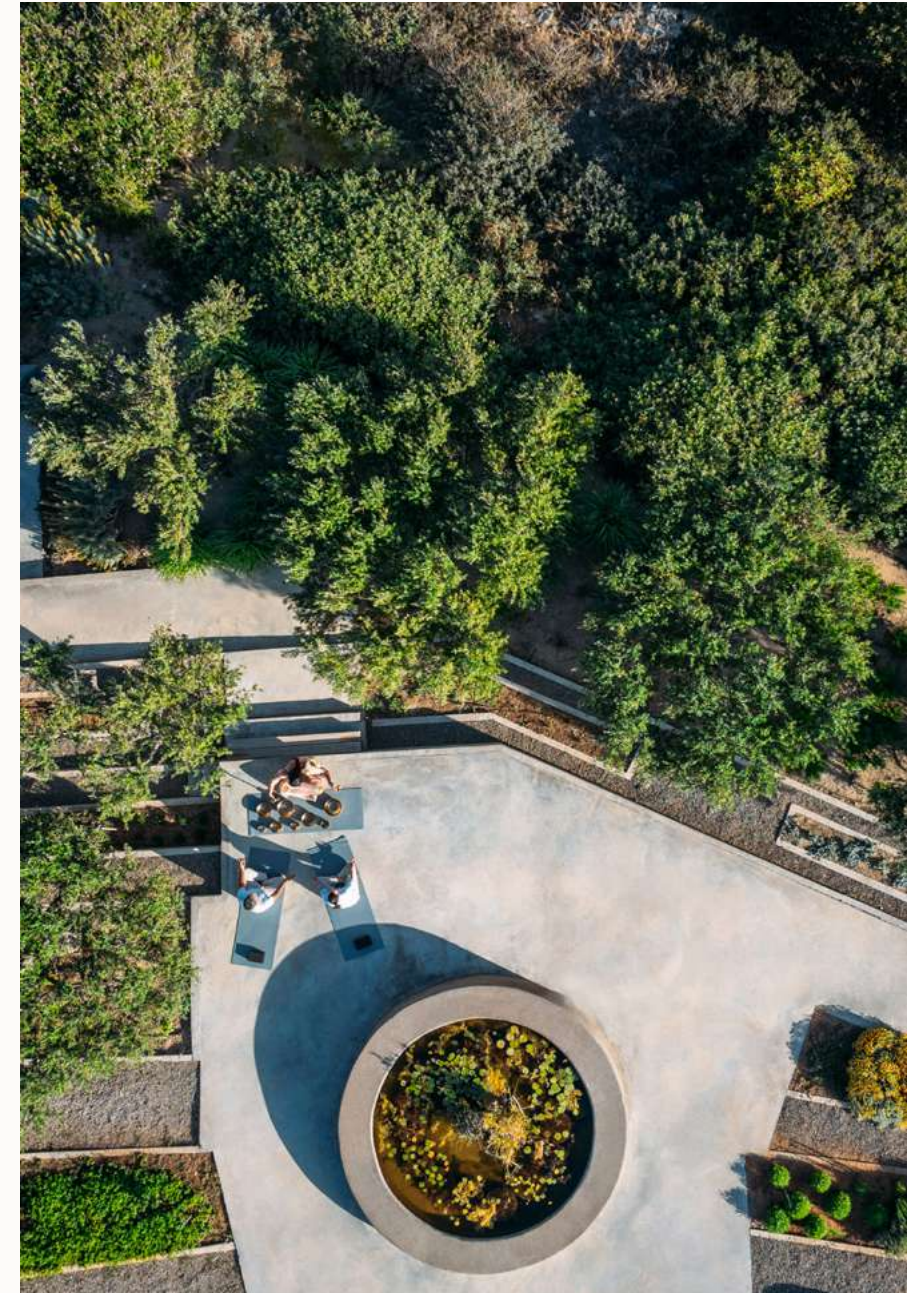
60 minutes | Price: € 135

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





Functional Body Therapies

We are more than just a body – we are a psyche too. The|Tides offers a series of highly effective, evidence-based BrainBodyMind Wellness™ treatments that seamlessly address the full spectrum of the psychosomatic body, synchronizing physical, mental, and emotional health and well-being. By integrating advanced techniques and wellness products, these therapies work holistically to promote balance, vitality, and relaxation.

At the core of their BrainBodyMind Wellness™ method is a forward-thinking methodology and framework. Their treatments integrate the latest advancements in neuroscience and holistic medicine, blending traditional East Asian practices with Western (para-)medical techniques to enhance the brain-body-mind connection—leaving you revitalized in every sense.

THE | TIDES
Experts in BrainBodyMind Wellness

RE-BALANCING MASSAGE

A fully tailored, head to toe re-balancing massage, designed to guide you to a deep state of tranquillity and profound recovery. Combining efficient, smart treatment techniques and results-driven products, this treatment will restore balance to your nervous system, relieve tension and fatigue. The treatment realigns the body's energy centres to increase energy flow, reinforce resilience, enhance body awareness, and improve mental clarity leaving you energised, and recharged.

Benefits: Deep relaxation to restore the nervous system, ease fatigue and promote recovery. Boosts the immune system and lymphatic system. Promotes mental clarity, increases energy, improves sleep quality, and alleviates jet lag symptoms.

60 minutes | Price: € 160

DYNAMIC RECOVERY MASSAGE

A twist on the classic deep tissue massage designed to reduce recovery time after intense workouts. Ideal for those who need release blockages caused by incorrect movements, poor posture, prolonged sitting, or the strains of long-haul flights. By combining muscle-charging products with deep tissue massage, manual stretches, fascia release, trigger point stimulation, and mobilisations, this

treatment effectively releases built-up muscle pain, soreness, and stiffness while improving range of motion and strength performance. It's a dynamic treatment that ensures complete relief from fatigue and muscle tension in the deeper layers of the fascia while also working preventatively against contractures and injuries.

Benefits: Releases built-up muscle pain, tension, soreness, fatigue and stiffness. Restores physiological balance in the muscles and joints. Shortens and improves recovery. Improves range of motion and strength performance.

60 minutes | Price: € 160

SLEEP MASSAGE

Reset your circadian rhythms and get ready for a night of deep, restorative sleep, waking up refreshed and well-rested. After an exfoliating treatment and massage of the feet and lower legs with sleep-inducing magnesium, the treatment continues with a guided breathing session, vagus nerve stimulation, and eye yoga to deepen relaxation, balance the nervous system, and bring tranquillity, calm, and presence to the moment. As you drift into peaceful relaxation, a sensory massage with harmonising aromatherapy oils, and therapeutic body rocking further connects the brain's and mind's desire for serenity with the body's natural ability to achieve it, paving the way for restorative sleep and rejuvenation.

Benefits: Deep relaxation to prepare the body for sleep promotes emotional balance, supports natural sleep cycles and improves sleep quality.

60 minutes | Price: € 160

PRE NATAL AND POST-PARTUM MASSAGE

A treatment designed to support women through this beautiful and challenging transition in life. Helps to alleviate the discomfort experienced during or after the postpartum period by utilising soothing magnesium and plant oils with effective treatment techniques such as breathwork, craniosacral therapy, dry body brushing, hot magnesium compresses, fascia release, and gentle scalp, face and body massage. This powerful combination provides significant relief from muscle tension, cramping, swelling, and fatigue in the legs, lower back, pelvis, and head, scalp neck and shoulders, while gently guiding the nervous system into a state of calm and tranquillity and improving sleep quality.

Benefits: Relief of muscle pain, cramping, tension, anxiety, stress, and fatigue, while guiding the nervous system into a state of deep calm.

75 minutes | Price: € 195

HORMONAL BALANCING MASSAGE

For women experiencing hormonal fluctuations during PMS or going through the transition of (peri)menopause, this nurturing meridian aromatherapy massage, help to navigate the physical, emotional, and mental challenges encountered. Incorporating a blend of tailored techniques – such as lymphatic body brushing, a soothing herbal belly wrap, breathwork, craniosacral therapy, acupressure and face and scalp massage – using ultra-nutrient, skin-loving plant and flower oils that support the skin during hormonal changes. The treatment aims to alleviate physical discomfort, stabilize emotional fluctuations, ease mental fatigue, and foster a renewed sense of connection and comfort with the body's natural rhythms.

Benefits: Alleviates symptoms of hormonal imbalances, including emotional fluctuations, fatigue, and physical discomfort. Promotes relaxation, reduces stress, and restores balance to the body's natural rhythms and overall wellbeing.

75 minutes | Price: € 195

CUPPING LYMPHATIC DRAINAGE

Also known as myofascial decompression, cupping therapy involves placing cups on the skin to create suction, lifting muscle fibers and increasing blood flow.

Benefits: drains excess fluids and toxins, loosens adhesions, revitalizes connective tissue, increases blood flow, stimulates the nervous system, reduces pain, and supports immune function.

30 minutes | 60 minutes
Price: € 85 | € 160

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: € 85 | € 160



Body Wellbeing

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

BRAIN BODY CONNECTION

Designed to de-stress the headspace and improve the BrainBodyMind connection, this treatment combines advanced massage techniques with high-performance aromatherapy to target hypertonic muscle tension and an overactive nervous system. Key areas of focus include the neck, shoulders, scalp, and face, paired with an invigorating scalp exfoliation and soothing East Asian abdominal massage to nurture the brain-gut connection. Additionally, techniques such as breathwork and craniosacral therapy techniques are used to induce deep relaxation and inner balance. Expect to leave rejuvenated, with a relaxed state of mind, a renewed sense of mental clarity, and perspective.

Benefits: Relieves stress and anxiety in both the body and the brain. Quiets the mind, promotes mental clarity, improves focus and concentration, and alleviates tension headaches, migraines, and disturbed sleep.

60 minutes | Price: € 175

DE-STRESSING TREATMENT

Reconnect with yourself to regain a renewed sense of body awareness, mental clarity and perspective. Break the stress cycle by allowing the body to relax at a foundational level and enable the nervous system to restore and regenerate itself.

This treatment is designed for those experiencing prolonged stress, and who feel physically, mentally and emotionally exhausted – and need to deeply switch off. Integrating a soothing body mask paired with infrared body wrapping to enhance circulation and detoxification, along with breathwork, and craniosacral therapy techniques that induce deep relaxation and release. Additionally, a scalp, face, and body meridian massage – including aromatherapy, acupuncture point stimulation, and moxa therapy – bring about the desired effects, alongside gentle fascia stretches and joint relaxation techniques.

Benefits: Breaks the stress cycle, promotes deep relaxation, and eases exhaustion. Restores autonomic nervous system function, boosts vitality, and rebalances energy flow. Supports hormonal regulation for overall wellbeing.

120 minutes | Price: € 320

BODY MIND DETOX

For those seeking a physical, mental, and emotional detox. This energizing holistic detox experience combines advanced treatment techniques with the revitalizing benefits of sea minerals and seaside botanicals. The treatment includes breathwork, a full-body exfoliation, and a detoxifying face, scalp, and body massage with integrated lymphatic drainage and Gua Sha. A detox body mask and infrared-heated body wrap combined with guided muscle activation further enhance the process, addressing sensations of stagnation, heaviness, and symptoms such as post-illness fatigue, brain fog, headaches and migraines. This treatment also complements personal weight loss or fitness plans and provides post-pregnancy support to help regain shape and vigor.

Benefits: Helps cleanse the body and mind, leaving you feeling revitalized and refreshed. Addresses feelings of heaviness, post-illness fatigue, brain fog, headaches, and migraines.

120 minutes | Price: € 320



FATIGUE FIGHTER

A recovery treatment designed to release blocked energy, deep-seated tension and fatigue. After a full-body exfoliation with pure magnesium and seaside botanicals, the body is wrapped in a mineral-rich mask and infrared-heated blanket to relax tension in muscles, joints, and tissues. This opens the pores to absorb the vital ingredients from the products while sweating out aches, pains, and fatigue. While the body soaks up the minerals, a face and scalp massage eases stresses and strains. In the second phase, myofascial release, stretching, deep tissue massage, and targeted trigger point therapy dives deep into the neuro-muscular system to release blocked energy and relieve deep seated tension and fatigue from the fascia.

Benefits: Stress reduction, muscle relaxation, improved sleep, detoxification, immune system boost, and enhanced skin health.

90 minutes | Price: € 250

BACK, SHOULDER & NECK TREATMENT

A restorative experience to release deep-seated muscle tension in the back, spine, shoulders, and neck caused by stress, poor posture, frequent screen time, or physical strain. The treatment begins with exfoliation, mask therapy, and hot magnesium compresses to boost circulation, cleanse and invigorate

the skin and relax tense muscles. This prepares you for the deeper therapeutic work of muscle tension-melting deep connective tissue massage - enhanced with targeted trigger point stimulation, myofascial release techniques, and joint mobilisations. This breaks patterns of muscle tightness and pain, improves mobility, eases tension headaches, and reduces fatigue. Customised to your individual needs, the treatment may also include dynamic cupping and cryotherapy for full restoration.

Benefits: Relieves muscle tightness, stiffness, fatigue and pain. Clears the mind. Improves circulation. Improves skin tone, texture, elasticity and firmness. Improves overall skin health.

60 minutes | Price: € 175

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 coded into all Nao therapies, with a focus on regeneration and specific concerns such as aging, hydration, and elasticity. At Nao, every facial journey begins with an advanced skin analysis, allowing us to assess your skin's needs and tailor treatments for optimal results. Complementing our innovative approach is QMS Medicosmetics, which integrates cutting-edge research and technology to optimize skin regeneration. Additionally, The Tides Wellness shares our commitment to wellness research and science, offering marine and botanically based skin products that restore the skin's natural equilibrium.



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.

60 Minutes | Price: € 160

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: € 200

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

LED MASK THERAPY

Experience the transformative power of advanced skincare technology LED Mask utilises clinically proven light therapy to rejuvenate the skin, reduce signs of ageing, and enhance overall complexion through a combination of red, blue, and near-infrared light wavelengths.

Price: € 30

SCULPTA BY DÉESSE PRO

Sculpta by Déesse Pro combines electrical muscle stimulation (EMS), radio frequency (RF), and red LED light therapy for advanced facial rejuvenation. It restores, regenerates, and redefines facial contours while improving skin texture and muscle tone, leaving you with a youthful, radiant appearance.

Price: € 30

OXYGEN INFUSION

This advanced device infuses pure oxygen and nutrient-rich serums into the skin, promoting a radiant, youthful complexion. The non-invasive treatment 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

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.

PERSONAL FITNESS COACHING

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

PERSONAL YOGA

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

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

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 spa 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.

Spa Environment

We strive to maintain an atmosphere of peace, harmony and relaxation within our Nao. 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 the spa and medical facilities
- Smoking and alcohol consumption are prohibited within Nao

Valuables

We recommend leaving your jewellery in the safe provided in rooms before visiting the spa. 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 ahead of any cancellations or rescheduling. Cancellations or rescheduling with less than 24 hours' notice will result in a 50% treatment charge, while no-shows will result in a 100% charge.

Payments

All treatments and Spa products include a 24% government tax. All invoicing will be charged to your room and will appear on your account at the time of departure from the resort. Guests are welcome to pay by cash or with a credit card if preferred.

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 Spa experience at home, a variety of Spa skincare products are available at the Spa reception. Your therapist will advise you on the products that suit you and your skin type as part of the treatment experience.

Hygiene

Our team has been trained to take all measures towards 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.



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