

A N A N E A S P A

Immersed in the vibrant cultural heritage of Crete, Ananea Spa is a sanctuary of holistic well-being. Here, ancient Greek healing traditions intertwine with modern spa therapies, offering a harmonious blend of relaxation and rejuvenation against the backdrop of the Aegean Sea.

Our spa therapies embrace a holistic approach to wellness, combining ancient practices with rare ingredients. These treatments are enhanced by specialized methods that promise optimal relaxation and revitalization.

We believe that self-care is essential for a balanced lifestyle. With our thoughtfully curated menu of therapies and a team of skilled therapists, we provide holistic experiences that nourish the mind, body, and soul, fostering a sense of mindful equilibrium.

MASSAGE COLLECTIONS

Bespoke Massage

Bespoke Body Ritual

A fully customised massage experience designed to adapt to individual needs. A choice of aromatic essences enhances a deeply relaxing and restorative journey. *(by Natura Bissé)*

Duration : 30 minutes | 60 minutes

Price : € 90.00 | € 140.00



Deep Tissue

Deep Recovery Ritual

A therapeutic massage designed to target deep-seated tension, stiffness, and discomfort. Focused techniques and controlled pressure help release muscular tightness, improve mobility, and restore physical ease. *(by Natura Bissé)*

Duration : 60 minutes | 90 minutes

Price : € 150.00 | € 220.00

Holistic Pressure Therapy

Holistic Pressure Therapy

Inspired by classical healing traditions, this therapeutic dry massage incorporates assisted stretching and rhythmic pressure. Focus on the head, neck, feet, and abdomen supports circulation, detoxification, and overall vitality.

Duration : 60 minutes

Price : € 170.00



Foot Acupressure

Foot Acupressure Therapy

An ancient practice that stimulates reflex points on the feet, supporting the body's interconnected systems. Helps relieve tension, improve circulation, and promote a renewed sense of balance and vitality.

Duration : 30 minutes | 60 minutes

Price : € 80.00 | € 140.00

Lomi Lomi

Rhythmic Flow Massage

A flowing massage inspired by traditional techniques, designed to improve microcirculation and restore balance. Rhythmic movements promote relaxation while supporting both physical and mental well-being.

(by Natura Bissé)

Duration : 60 minutes

Price : € 140.00



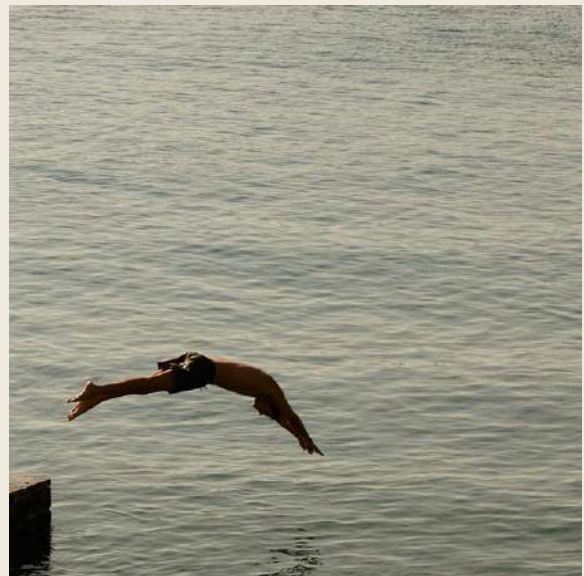
Space for Two

Couples Relaxation Ritual

A shared massage experience designed for two, allowing for individual preferences within a calming and harmonious setting. Aromatic essences enhance relaxation and overall well-being.

Duration : 60 minutes | 90 minutes

Price : € 260.00 | € 340.00



Pre & Postnatal

Pre & Postnatal Ritual

Offered from the second trimester onwards, this gentle treatment is designed to support the needs of pregnancy. Soft techniques help alleviate discomfort, reduce swelling, and promote relaxation while supporting circulation. *(by Natura Bissé)*

Duration : 75 minutes

Price : € 180.00

Little Bliss

Kids Relaxing Massage - Parental consent is required.

A carefully adapted treatment designed for younger guests. Gentle, safe techniques create a calming experience while introducing the benefits of relaxation in a supportive environment. Parental consent is required.

Duration : 30 minutes

Price : € 90.00

FACIAL TREATMENTS

O2 Hydration

Oxygenating Radiance Facial

This purifying and deeply hydrating facial restores a radiant glow while helping to minimize the appearance of imperfections. An ideal treatment to revive vitality in fatigued skin. *(by Natura Bissé)*

Duration : 60 minutes

Price : € 140.00



Vitamin C Boost

Vitamin C Radiance Facial

A revitalising treatment enriched with collagen-boosting vitamin C to enhance radiance and vitality. Helps address sun damage, improve firmness, and reduce the visible signs of aging, leaving the skin luminous and refreshed. *(by Natura Bissé)*

Duration : 60 minutes

Price : € 150.00



Soothing Repair

Soothing Comfort Facial

A nurturing facial suitable for all skin types, particularly delicate and sensitive skin. A combination of botanical ingredients and precise massage techniques helps restore comfort while softening visible signs of aging.

(by Natura Bissé)

Duration : 60 minutes

Price : € 150.00

Sculpting Elasticity

Collagen Infusion Facial

An advanced facial combining targeted techniques and active ingredients to support visible lifting and improved elasticity. Enhances suppleness and hydration while softening the appearance of fine lines and wrinkles. *(by Natura Bissé)*

Duration : 60 minutes

Price : € 200.00



Face Reflexology

Holistic Facial Therapy

Inspired by the ancient practice of facial reflexology, this treatment integrates traditional techniques with advanced skincare formulations. The result is a deeply relaxing experience that enhances both skin vitality and overall balance. *(by Natura Bissé)*

Duration : 60 minutes

Price : € 140.00



30' Prescriptive Reset

Soothing Comfort Facial

A tailored facial designed to address the skin's immediate needs. Following a professional assessment, the treatment includes targeted cleansing, a customised mask, and finishing care to restore balance and enhance radiance.

Duration : 30 minutes

Price : € 90.00

BODY RITUALS



Lavender Calm

Lavender Serenity Experience

A calming ritual infused with lavender to promote relaxation and skin comfort. The body massage soothes tension while leaving the skin soft, supple, and restored, encouraging a lasting sense of calm.

(by Natura Bissé)

Duration : 90 minutes

Price : € 170.00

Neuro Reset

Mind & Body Rebalancing Ritual.

A face and body ritual designed to promote deep relaxation and support nervous system balance. Dermo-neurosedative techniques help reduce stress and improve sleep quality, allowing the body to reset.

(by Natura Bissé)

Duration : 60 minutes

Price : € 180.00

Ocean Detox

Ocean Renewal Ritual

An invigorating exfoliation followed by a mineral-rich algae body wrap and a soothing scalp massage. Leaves the skin smooth while promoting deep relaxation and a renewed sense of balance.

(by Natura Bissé)

Duration : 90 minutes

Price : € 210.00

Citrus Radiance

Holistic Pressure Therapy

A powerful antioxidant treatment for face and body, enriched with vitamin C to brighten, protect, and deeply hydrate the skin. This energising ritual enhances both skin radiance and overall vitality.

(by Natura Bissé)

Duration : 120 minutes

Price : € 280.00



NAO
LONGEVITY HUB

Inspired by the Nao Longevity Hub

The Nao Longevity Hub at Minos Palace Resort is a science-driven wellbeing concept dedicated to personalised longevity and holistic health.

Rooted in a refined approach to wellbeing, it is built around four core pillars, Sleep, Nutrition, Movement, and Self-Mastery, supporting balance, restoration, and long-term vitality.

Drawing from this philosophy, the following treatments have been thoughtfully selected to offer a more advanced and targeted wellbeing experience.

Designed to go beyond relaxation, they provide a deeper sense of renewal while offering a glimpse into the Nao longevity journey.



Sleep and Renewal Treatment

A deeply restorative ritual designed to calm the nervous system, quiet the mind, and support restful sleep. Combining meridian massage, breathwork, vagus nerve stimulation, magnesium applications, and aromatherapy, this multi-sensory experience promotes relaxation, balance, and recovery. A profound sense of stillness and restoration follows, supporting natural circadian rhythm alignment.

Duration : 90 minutes

Price : € 220.00

De-Stressing Headspace Treatment

An immersive treatment designed to relieve mental and physical tension. Combining fascia-focused bodywork, breathwork, and aromatherapy, it supports nervous system regulation and encourages a shift toward a deeply relaxed state.

The result is a clearer mind, reduced tension, and a restored sense of balance.

Duration : 90 minutes

Price : € 200.00

Lymphatic Drainage

A gentle, full-body massage designed to support lymphatic flow, reduce fluid retention, and enhance immune function. Rhythmic techniques encourage circulation while promoting relaxation and overall balance.

Duration : 60 minutes | 90 minutes

Price : € 150.00 | € 220.00



WELLNESS FACILITIES €

Sauna or Steam Room Experience 20

Duration : 30 minutes

FINISHING TOUCHES €

Manicure - Essential Care 55

Refined grooming for hands, leaving them neat and polished.

Manicure Gel Polish - Lasting Finish 65

A high-shine, durable finish designed for extended wear.

Pedicure - Essential Care 65

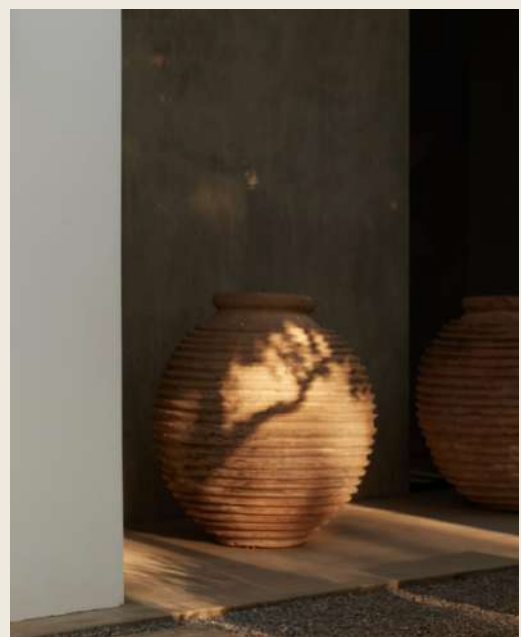
Complete care for feet, restoring softness and a well-groomed appearance.

Pedicure Gel Polish - Lasting Finish 75

A high-shine, durable finish designed for extended wear.

Hairdressing Services

Available upon request



SPA ETIQUETTE

Reservations

Advance booking is highly recommended to ensure availability of your preferred treatments and times.

For reservations or further assistance, please contact us at:

Email: mbspa@bluegr.com

Telephone: 0030 28410 22345

Cancellations & Late Arrivals

Kindly provide a minimum of 24 hours' notice for any changes or cancellations. Cancellations made with less than 6 hours' notice, or missed appointments, will incur the full treatment fee.

Late arrivals may result in a reduced treatment time, in order to avoid inconvenience to other guests. The full treatment fee will still apply.

Arrival

Please plan to arrive at least 20–30 minutes prior to your scheduled treatment time, so you may comfortably change, enjoy our spa facilities, and complete your wellness questionnaire.

If you are arriving from your guest room, you are welcome to wear your bathrobe.

Consultation

Each experience is thoughtfully tailored to your individual needs. Prior to your treatment, you will be asked to complete a brief medical consultation form.

Kindly inform us of any medical conditions, injuries, or pregnancy so that we may adapt your treatment accordingly. Treatments are available from the second trimester of pregnancy onwards.

For your safety and wellbeing, we reserve the right to modify or decline any treatment where necessary.

During your Treatment

Your comfort guides the experience. Should you wish to adjust the pressure or room temperature, or simply prefer silence, your therapist will intuitively adapt to your needs.

Personal Comfort

Upon arrival, you will be provided with a locker, slippers, and a bathrobe.

For your comfort, we invite you to undress to your preferred level. Undergarments may be worn during treatments if desired. Our therapists are highly trained in professional draping techniques to ensure your complete privacy and comfort at all times.

Digital Disconnection

The Spa offers a serene environment designed for relaxation and wellbeing. We kindly invite you to switch off your mobile phone and electronic devices to fully enjoy this tranquil experience.

To respect the privacy of all guests, we kindly ask that no photographs, videos, or social media recordings are taken when others are present.

Age Policy

Spa treatments are reserved for guests aged 16 and above. Guests under 18 may receive treatments only in the presence of a parent or guardian.

Respectful Conduct

We uphold a zero-tolerance policy towards any form of inappropriate behavior or harassment.

In such cases, we reserve the right to discontinue the treatment and request that the guest leaves the spa.

Valuables

We kindly recommend that you avoid bringing valuables to the Spa. While we take every care, we cannot accept responsibility for any lost or stolen items.

Before departing, we kindly invite you to ensure that all personal belongings have been collected from your locker and other spa areas.

Payments

Treatments may be charged to your room or settled directly at the spa using a credit card or cash (up to €500, in accordance with local regulations).

In-Room & Outdoor Treatments

Treatments may be charged to your room or settled directly at the spa using a credit card or cash (up to €500, in accordance with local regulations).

Homecare

To extend your spa experience beyond your visit, a curated selection of retail products is available. Our therapists will be pleased to recommend the most suitable options for your needs.

Operating Hours

Daily from 10:00 – 18:00



minosbeach.com

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Crete, Greece