



The Complete Pnoe Experience

MK
HOTEL
COLLECTION

Pnoé
Breathing Life

Pnoe Breathing Life

Pnoé Breathing Life offers a refined luxury retreat where guests experience privacy, tranquility, exceptional dining, and personalized service in perfect harmony.

A complete escape where well-being, elegance, and freedom come together effortlessly.

“Complete”

New Operation Concept

Benefits

- “Thymises” à la carte restaurants
- Room Service 7:15 - 23:00
- Cicada Sea Scape Beach Experience
- Light Lunch and drinks at the Pool
- Extensive Wine List & Cocktail List
- Turn-down service
- Spa Special offers and complimentary treats
- Yoga daily morning classes
- Mini Bar daily refill
- Espresso products

Main Buffet Restaurant “Anassa”

THE COMPLETE EXPERIENCE



AMERICAN BREAKFAST

7:15 - 10:30

Offering a rich selection of fresh, high-quality ingredients.

A refined morning ritual where variety, authenticity, and well-being come together to start the day effortlessly.

LUNCH

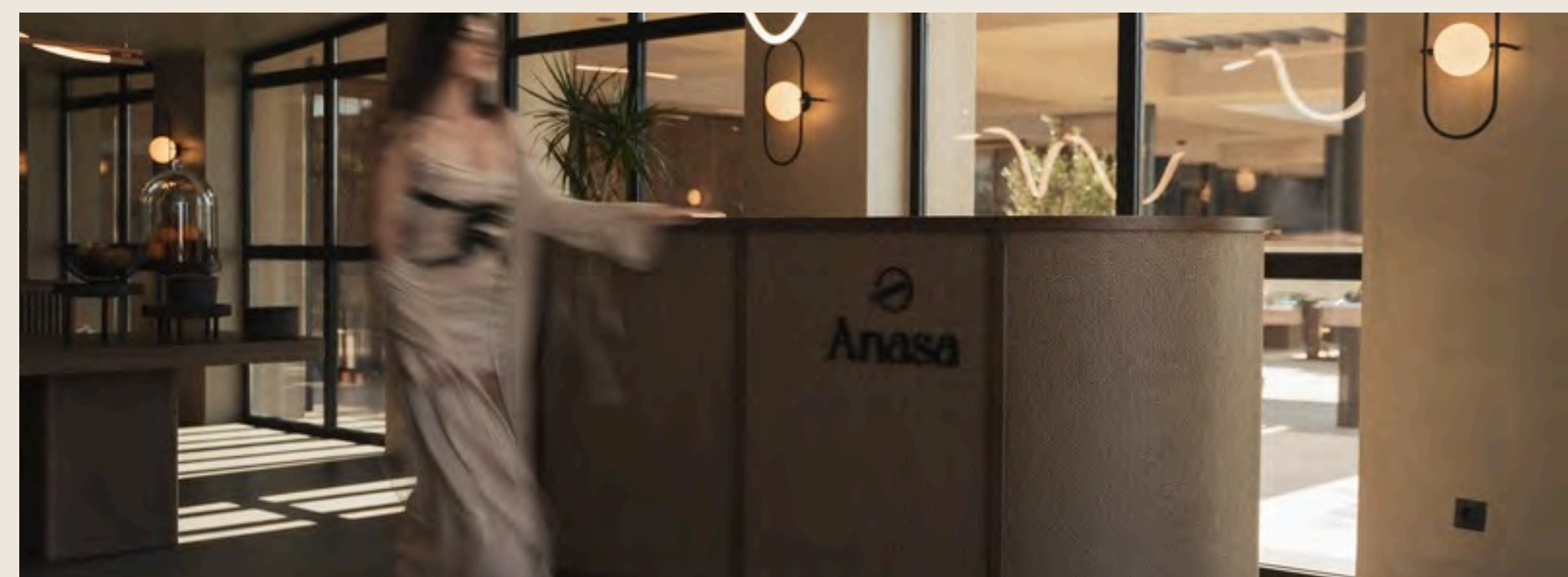
12:30 - 14:30

Offering a refined selection of international flavors prepared with fresh, high-quality ingredients. A relaxed and elegant midday dining experience with variety, quality, and wellbeing.

DINNER

18:30 - 21:30

Presenting a sophisticated culinary journey with a diverse selection of international dishes. A memorable evening experience where creativity, taste, and elegance define every moment



BEVERAGE CONCEPT

Bottled wine (white, rosé, red)

Local beers

Soft drinks

Water service at the table

Coffee corner (espresso, cappuccino)

Premium wines are available with a surcharge.





Thymises Restaurant Cretan Diet

Thymises Restaurant brings the essence of the Cretan Diet to life, combining locally sourced ingredients, aromatic herbs, and timeless recipes.

An authentic culinary experience is part of the resort's overall concept, reflecting the purity, flavor, and well-being of Crete.



Included in the “Complete Experience” program once per 5 days stay

The Cretan Diet Concept

The Cretan diet, a traditional eating pattern from Crete and a cornerstone of the Mediterranean Diet, emphasizes olive oil, vegetables, legumes, whole grains, fish, and moderate wine, and is widely associated with exceptional longevity and heart health.



Olive Oil as the
Main Fat

Extra virgin Olive Oil is used in almost every dish.
Provides healthy monounsaturated fats and antioxidants.
Often added generously to vegetables, legumes, and salads.



Mostly Plant-
Based Foods

Vegetables | Wild greens (horta) | Legumes | Whole grains | Fresh fruits
Herbs and spices



Seasonal ingredients
with fish and local dairy

Quality meats, fresh fish, and traditional Cretan dairy, combined
with seasonal local ingredients and simple Mediterranean
cooking techniques.

Cretan Cuisine Philosophy – ESG Commitment

At our hotel, Cretan cuisine is an integral part of our commitment to sustainable hospitality in line with ESG principles. Inspired by the culinary heritage of Crete, we prioritize the use of locally sourced, seasonal ingredients and extra virgin olive oil, highlighting the authenticity and quality of the island's produce.

We support local farmers and producers, strengthen the local economy, and work to reduce our environmental footprint through responsible sourcing and efforts to minimize food waste. Our cuisine combines fresh vegetables, legumes, herbs, fish, and quality meats, reflecting the balance and nutritional value of traditional Cretan gastronomy.

Through this approach, we aim to protect the environment, support the local community, and offer our guests an authentic and responsible culinary experience rooted in the flavors of Crete.



“Aeri” by the Pool

Aeri, our stylish pool bar, is the perfect place to relax and unwind by the water.

Serving refreshing drinks from 10:00 to 18:00 and light lunch options from 12:00 to 17:00, it is part of the resort’s Complete Experience Concept, offering effortless moments of enjoyment throughout the day.





Beach Mood. Pnoe Soul.

Enjoy attentive beach service as part of Pnoé Breathing Life's Complete Experience Concept.

Guests can relax by the sea while refreshing drinks and selected light bites are served directly to their sunbeds, creating effortless moments of comfort and enjoyment by the beach.

Complimentary Shuttle Service to the Beach

Distance 350m The beach is just 2 minutes by shuttle or a pleasant 10-minute walk, ensuring easy and convenient access for all guests.



Uranos

Rooftop Bar

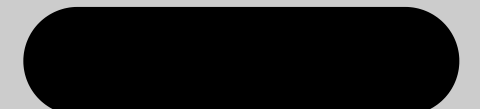
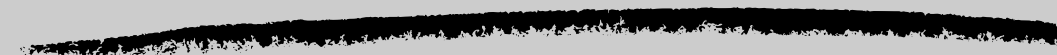
Closer to the Sky

Uranos Rooftop Bar

Our main rooftop bar, offers a sophisticated setting with stunning views and a relaxed evening atmosphere.

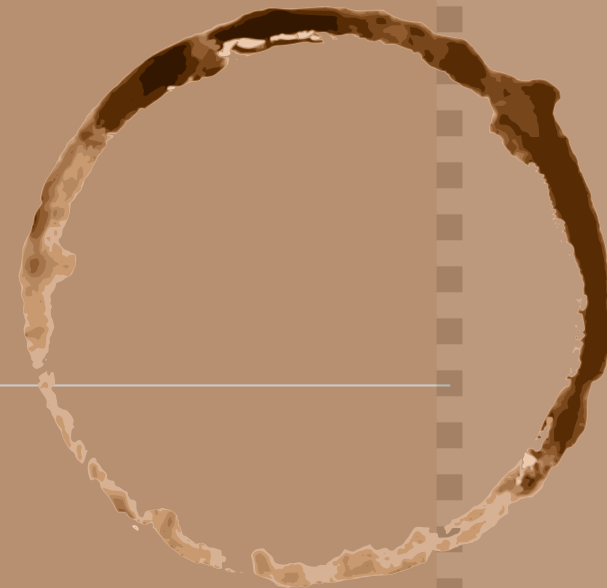
Guests can enjoy a curated selection of signature cocktails, premium drinks, and refined flavors, all as part of Pnoé Breathing Life's Complete Experience Concept.

- Premium spirits
- Signature cocktails
- Sparkling wine
- Selected wines
- Refreshing long drinks
- Aperitifs & digestifs
- Non-alcoholic beverages & soft drinks



Espresso

In-Room Espresso & Tea Coffee Facilities



“Every room includes a premium espresso machine with complimentary capsules, teas, and daily replenishment — fully included in your Complete Experience stay.”

Refill Policy (UAI- Compatible) Daily Refill

- All coffee capsules, tea bags, water (1 bottle), sugar, and milk
- Additional refills
- Available upon request, included in Ultra All Inclusive.
- Optional: Premium capsule upgrade (€ charge) for special blends



“Indulge in our Complete Experience Mini Bar – daily replenished with refreshing soft drinks, wines, beers, and tasty snacks. Everything you need, right at your fingertips, for a truly effortless stay”

Soft Drinks & Juices
Water (still & sparkling)
Soft drinks:
Fruit juices: Orange, Mixed
Beers
Local bottled beers
Non-Alcoholic

Wines
White & Rosé wines (mini bottles)
Red wine (mini bottles)

Snacks & Sweets
Cereal bars
Nuts (almonds, walnuts, peanuts)
Crackers & cookies

Mini Bar



Extras

Premium drinks or champagne are available on request with an additional charge
Special dietary snacks (e.g., vegan, gluten-free) available upon request

Room Service

Complete Stay

Enjoy the luxury of in-room dining with an elevated selection of premium menu options designed to enhance your stay.

7:15 to 23:00 SERVICE AVAILABILITY

Unlimited room service, day and night

Express delivery options

Multilingual service team

Contactless ordering via phone or mobile app

GOURMET MENU SELECTION

International and local specialties
Vegetarian, vegan, gluten-free, and dietary options

Healthy bowls, salads, light meals
Daily refreshed chef's specials

BEVERAGES & DRINKS

Premium spirits, cocktails, and wines
Freshly squeezed juices & smoothies
Soft drinks and bottled water
Coffee, tea, and hot beverages

GUEST EXPERIENCE & COMFORT

Elegant in-room tray or table presentation
Option for romantic in-room dining setup (extra charge)
Personalized recommendations by our service team

- Turn-down snack options upon request

HOW TO ORDER

Simply place your order through the hotel mobile app

To maintain the highest level of presentation and personalized service, a tray charge is applied to all room service orders. This allows us to deliver your meal beautifully arranged, temperature-perfect, and with exceptional attention to detail.

Pnoe Spa

An Essential Part of the Complete Experience.

RECOVERY PROGRAMS

Hyperbaric Oxygen Therapy Zerobody

Hyperbaric oxygen therapy infuses the body with 50% more oxygen to speed up every healing process and reverse aging. The therapy takes place in a decompressed chamber infused with concentrated oxygen.

Hyperbaric oxygen is commonly used for overall health and wellness, including anti-ageing and beauty, sports endurance and recovery, improving energy levels, and in the treatment and management of chronic conditions and disease.

Yoga daily classes

10 minutes free use
-15% discounts to all
treatments



Zerobody

The dry floatation that makes you feel good!
A unique and innovative patented system that allows dry floatation in zero gravity over 400 litres of warm water and includes scientific audio Brain Training programs.

- 5 audio-guide Mindfulness Programs
- 5 guided Breathing Techniques
- 5 relaxing music Tracks

Your body & mind live an unforgettable experience of deep regeneration, embraced by coloured lights & a soft lumbar



Welcome!

The Pnoé Complete Experience – A New Philosophy of Hospitality

At Pnoé, we believe that hospitality is more than offering everything a guest needs — it is about elevating every moment of their stay.

The Pnoé Complete Experience reflects a deeper commitment to comfort, freedom, and unforgettable experiences. Thoughtfully designed, this concept allows guests to enjoy exceptional dining, premium drinks, personalized services, and curated moments throughout the day — all seamlessly included.

A refined approach to modern hospitality where every detail is crafted to create a stay that feels effortless, complete, and truly memorable.

Marita Karatzi
