



GOCO

SPA  
DAIOS COVE

# HEALING MASTERS

NUTRITION, DETOXIFICATION,  
LONGEVITY

22 JULY TO 11 AUGUST 2019

# PAULO FERNANDES

CREATOR OF TOTAL HEALTH TRANSFORMATION

VISITING DAIOS COVE FROM  
22 JULY TO 11 AUGUST

CHANGE YOUR LIFESTYLE AND SET YOURSELF ON  
THE PATH TO A LONGER AND HEALTHIER LIFE

Longevity expert, and creator of the Total Health Transformation protocol, Paulo Fernandes provides you with the opportunity to experience his unique system of health optimisation, which focuses on the ideal diet, detox and exercise strategies to keep your body running at its optimum.

## ABOUT PAULO

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Paulo Fernandes is a health coach certified by the Institute of Integrative Nutrition of NYC, a specialist in nutritional microscopy and a raw nutrition coach certified by David Wolfe.

He is one of the leading nutritional microscopists in the world, certified by the PH Miracle Center of San Diego, and brings a wealth of knowledge about the inner workings of the body.

Paulo is also an international speaker and corporate consultant, and his clients include Hollywood stars and people with complicated health challenges.

# SIGNATURE THERAPIES

Full Epigenetic Test with Consultation

30 min / 300€

Discover the health secrets locked in your genetic data and learn how to adjust your lifestyle to optimise your wellbeing. Through an epigenetic hair test with a bio profiler, receive details about your level of nutrients, vitamins, minerals, essential amino acids, antioxidants, food intolerances and contaminants. Using this data, Paolo will provide you with professional lifestyle and diet recommendations.

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Comprehensive Nutritional Microscopy Consultation

60 min / 325€

Using his high-powered microscope, Paulo observes your blood to determine your current health status. He can observe conditions such as inflammation, congestion, presence of bacteria, as well as specific organ imbalances. Based on the results, Paulo will provide you with a personalised exercise and detailed nutritional plan. Includes a three-month protocol and follow up.

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Manual Lymphatic Massage

(Vodder Method) and PEMF Therapy

60 min / 160€

Experience a strongly detoxifying full-body manual lymphatic massage using the Vodder method. The massage focuses on movements that eliminate toxicity and fat cells (ideal for cellulite). Remove your body's waste products, relax the nervous system and improve the immune system. This process is enhanced with the use of electromagnetic (PEMF) therapy that increases blood flow and eliminates inflammation. Your session concludes with a manual lymphatic facelift.

Total Health Transformation Longevity Consultation 60 min / 180€

To create a personal plan to aid longevity, Paulo, a Raw Nutrition Coach certified by David Wolfe, assesses your health history and provides dietary and lifestyle recommendations along with a personalised protocol of superfoods and superherbs. Each guest will also receive an alkaline food cooking plan.

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## YOUR SESSION

To reserve your session or obtain further information, please contact GOCO Spa Daios Cove on Tel. 450.

GOCO SPA DAIOS COVE  
CRETE - GREECE

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