

KĒPOS

BY GOCO



WELLNESS PACKAGES

Insight To Wellness

5-Day, 4-Night Program

A 360 degree approach to wellness designed to heal from the inside out. Support the body's natural detoxification process with this personalized program featuring stimulating face and body treatments, high-tech healing, guided nutrition, and targeted movement and mindfulness practice.

THE PROGRAM INCLUDES

Wellbeing & Lifestyle Consultation including a Styku 3D Assessment, RMR and AMR testing by PNOË

Fitness & Movement Introduction

1 x Cryotherapy Session

1 x Personal Training Session

1 x Private Yoga & Meditation Session

1 x Infrared Sauna Session

1 x Personalized Skin Assessment

1 x 60-minute Body Treatment

1 x 60-minute Facial Treatment

1 x Colon Hydrotherapy

Scheduled Access to the Thermal Facilities

Scheduled Daily Access to Activities

Nutrition Consultation

PRICE: 1290€

Price excludes accommodation and meals

Insight To Wellness

4-Day, 3-Night Program

Balance the body's natural rhythm and regain peace of mind with this customized healing program. A combination of therapies, treatments and activities to alleviate fatigue, boost energy levels, stimulate the metabolism and strengthen the immune system, bringing about harmonious alignment for body and soul.

THE PROGRAM INCLUDES

Wellbeing & Lifestyle Consultation including a Styku 3D Assessment, RMR and AMR testing by PNOË

Fitness & Movement Introduction

1 x Cryotherapy Session

1 x Personal Training Session

1 x Private Yoga & Meditation Session

1 x Infrared Sauna Session

1 x Personalized Skin Assessment

1 x 60-minute Body Treatment

1 x 60-minute Facial Treatment

Scheduled Access to the Thermal Facilities

Scheduled Daily Access to Activities

Nutrition Consultation

PRICE: 1170€

Price excludes accommodation and meals

Insight To Wellness

3-Day, 2-Night Program

Rejuvenate and boost your longevity with a selection of treatments designed to cleanse, alleviate pain and stiffness, and bring about true renewal. Personalized lifestyle support strategies are tailored to your needs with healing therapies including nourishing skin remedies.

THE PROGRAM INCLUDES

Wellbeing & Lifestyle Consultation including a Styku 3D Assessment, RMR and AMR testing by PNOË

Fitness & Movement Introduction

1 x Cryotherapy Session

1 x Private Yoga or Personal Training Session

1 x Infrared Sauna Session

1 x Personalized Skin Assessment

1 x 60-minute Body Treatment

1 x 60-minute Facial Treatment

Scheduled Access to the Thermal Facilities

Scheduled Daily Access to Activities

Nutrition Consultation

PRICE: 1080€

Price excludes accommodation and meals

Insight To Wellness

2-Day, 1-Night Program

An introduction to wellness, this tailor-made program supports revitalization of the spirit, restores inner balance and cures the lingering effects of tension within the body and mind. The perfect remedy to the stress of everyday life.

THE PROGRAM INCLUDES

Wellbeing & Lifestyle Consultation including a Styku 3D Assessment, RMR and AMR testing by PNOË

Fitness & Movement Introduction

1 x Cryotherapy Session

1 x Private Yoga or Personal Training Session

1 x Infrared Sauna Session

1 x 60-minute Facial or Body Treatment

Scheduled Access to the Thermal Facilities

Scheduled Daily Access to Activities

Nutrition Consultation

PRICE: 850€

Price excludes accommodation and meals

Optimum Wellness

Enjoy a select blend of thermal and physical treatments with our Optimum Wellness offering - ideal for new and returning guests requiring a comprehensive immersion in enhanced wellbeing.

THE PROGRAM INCLUDES

20-minute Personalized Fitness Assessment

with Styku 3D Body Scanner

60-minute Personalised Training Session

60-minute Therapeutic Water Circuit

30-minute Therapeutic Back, Neck, and Shoulder Massage

25-minute Infrared Sauna Session

Up to 3-minute Cryotherapy Session

PRICE: 300€

Price excludes accommodation and meals

For advance reservations or further information,
please contact kepos@daioscove.com or call +30 28410 62600

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