

# *Diagnostics*



Taking an integrative approach to health optimisation, at Kēpos we offer gold standard, pioneering wellness diagnostics. A holistic approach combined with the latest breakthroughs in advanced wellness requires the integration of the whole body and mind. The synergistic programs created by our Kēpos team include nutrition, beauty and fitness, immune system support, and relaxation.

### **Pnoē Biometrics**

65min 245€

A biometric test which provides an advanced and detailed overview of your lung fitness and how to improve it. Lung health is one of the key indicators to overall health with tailored breathwork practices leading to lowering blood pressure, improving cognitive ability and managing stress. Our PNOĒ biometrics deliver a clinical-grade analysis of your breath that scans 12 biomarkers and determines the optimal nutrition, training, and breathwork program for your individual biology.

### **Biological Age & Performance Analysis**

10min

#### *Active Metabolic Test / VO2max test*

Measure your biological age, VO2max, and personalized training zones. Analyze your lung, heart, and cellular fitness to find the optimal training plan for health and performance.

### **Metabolic Blueprint & Nutrition Optimization**

10min

#### *Resting Metabolic Test*

Measure your resting metabolic rate fat and carbohydrate burn efficiency. Get the optimal calorie and macronutrient plan for your metabolism and fitness goal.

### **Consultation & Nutrition Analysis**

45min

Connect live with a metabolic expert who will walk you through your metabolic profile, craft a personalized nutrition plan, and pinpoint the weaknesses keeping you from peak health and performance.

## **Wellness Lifestyle Consultation**

90min 420€

Start your wellness journey by taking a comprehensive look at your health, fitness and lifestyle goals with a Wellness Lifestyle Consultation. Utilizing technologies including Styku 3D body resonance, cell wellbeing epigenetic analysis equipment and PNOE biometrics, our wellness experts will assess your current health and fitness state, guiding you through your current lifestyle, fitness and nutrition patterns in order to make consistent and realistic recommendations that will inspire you and drive long-term results. This consultation is bookable as a single one-off session, or it can be incorporated into your wellness program.

## **Cell Wellbeing Epigenetic Analysis**

60min 130€

This non-invasive treatment uses the cutting-edge technology of the Cell Wellbeing S-Drive to collate a deeper understanding of the body's systems, delivering a detailed analysis in just 15 minutes. Your wellness manager will analyze the results and provide recommendations on nutritional needs and subsequent treatments. This analysis is recommended for those with joint and inflammation issues as well as skin conditions.

## **Styku 3D Wellness Consultation**

60min 110€

Styku, the latest 3D body scanner, delivers precise body measurements including shape, composition, and mapping of visceral and external fat. Using this procedure, your wellness manager will design a personalized, results-driven program to assist with weight loss and health goals. This offering involves a 20-minute Styku consultation followed by a 40-minute health and wellbeing consultation.

## **Personal Fitness Consultation with 3D Scanner**

20min 45€

Begin your fitness journey with a private consultation and a full-body scan. Providing the most accurate in-depth representation of your current physical state, our fitness trainers will consult with you on results, helping you to set realistic goals.