

# KĒPOS

BY GOCO

WELLNESS MENU

# A Pioneering Hub of Wellbeing

kēpos / κίπος / κήπος

[Ancient and Modern Greek word meaning "garden, oasis, sanctuary"]

KĒPOS by Goco is inspired by the real-life garden, created in Ancient Athens by the Greek philosopher, Epicurus, as a safe haven for dialogue and open discussion. Epicurus' Kēpos is the original learning hub where the philosopher read and taught the art of wellbeing and happiness.

At KĒPOS we invite you to reach new heights of relaxation with experiences designed by leading skin experts and encounter a holistic approach to health, coupled with the latest breakthroughs in high-tech wellness.

Explore our fresh space at the Cove created with our guest's wellbeing in mind, delivered in a 2.500sqm tranquil sanctuary with uninterrupted views across Daios Cove bay.



# The KĒPOS Brands

## 111SKIN

Combining the most advanced surgical and non-surgical treatments from the US and Europe, 111SKIN was created by cosmetic surgeon Dr Yannis Alexandrides at his leading Harley Street clinic in London. Originally designed to help patients heal after surgery, the 111SKIN collection of skincare products was developed in cooperation with scientists investigating the rapid skin ageing of astronauts in space.

## [ comfort zone ]

The [ comfort zone ] range was created by Dr Davide Bollati in Parma, Italy. His vision was to merge science with skincare infused with soul. These top-quality natural products use clean formulas and high-tech ingredients, all free from animal derivatives, parabens, mineral oils and silicones. This is a collection that is truly kind to the skin as well as to the planet.

## BXR LONDON

Founded in London's W1, BXR is the world's first elite boxing-gym concept. Innovators in fitness and wellbeing, the BXR London coaches deliver a transformative experience with their workouts at the BXR Gym's specially designed indoor and outdoor area whilst the BXR Retreats push the boundaries and inspire at the BXR Arena.

## PNOĒ

PNOĒ crafts the most personalized nutrition and training program to your metabolism by analyzing breath with clinical precision. For over one hundred years, champions and doctors have used this method as the gold standard for finding weaknesses in health and performance and creating plans to overcome them.

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# *Signature Treatments*



## **Advanced Skin Regeneration by 111SKIN**

**120min 360€**

Exclusive to KÉPOS by Goco, our 111SKIN signature treatment is designed to offer a sense of balance to body and mind. Drawing on the energy and vitality of Crete, this advanced therapy is infused with uplifting sweet marjoram, inspired by the Greek heritage of 111SKIN founder Dr. Yannis Alexandrides.

A thermal body exfoliation is followed by topical cryotherapy to improve circulation, enhance muscle repair and reduce inflammation. The 111SKIN signature double clinical cleanse ensues with the application of the 'Reparative Collection', aiding repair and hydration. LED red light therapy completes this transforming facial, alongside various mask treatments, leaving the skin refreshed, invigorated and firmed. This treatment concludes with a relaxing aromatic oil massage, applied to the arms and legs.

## **Hamмам Ritual**

**60min 170€**

**90min 205€**

The 60-minute hammam journey offers an authentic experience with a private steam bath, followed by an energizing full body exfoliation using eucalyptus black soap, applied with traditional Kessa hammam scrubbing gloves. A head-to-toe immersion in invigorating floral water, cleanses and rejuvenates.

The 90-minute hammam journey further includes a purifying Rhassoul clay paste, enriched with minerals to fortify the body. Applied by your wellness therapist on the marble hammam plinth, allow the nourishing clay to be absorbed and the mind relax while reaping the benefits of the steam room.

Both 60- and 90-minute rituals conclude with 15 minutes of relaxation time in your private suite with a choice of refreshing herbal teas and healthy snacks to replenish and restore energy to the body.

## **Personalised Rituals**

Designed to rejuvenate body and face, these rituals incorporate a skillful combination of exfoliation, wrap, massage or facial treatments, to curate the ultimate wellness experience at KÉPOS.

### **Purify**

**120min 280€**

This personalized exfoliation treatment combines the effective results of a salt scrub, with the highest quality essential oil blend to match your mood. A purifying facial deeply cleanses and decongests pores using steam and extraction techniques. An advanced peel-off mask with the highest concentration of minerals and algae leaves the skin feeling refreshed and polished.

### **Detoxify**

**120min 280€**

This detoxifying treatment commences with a thorough body exfoliation followed by a full body algae mask that cleanses, energizes and reduces body composition thanks to its properties rich in iodine and powerful marine elements. A lymphatic drainage massage follows with a special blend of lemongrass and peppermint essential oils. Mind and body feel lighter, decongested and more toned.

### **Ultimate Indulgence**

**120min 280€**

This treatment starts with a full-body exfoliation, followed by a customized massage to soothe and relax muscles. To complete your journey to relaxation, enjoy a facial tailored to your skin type and a simultaneous foot or scalp massage. Emerge with radiant, glowing skin and a deep sense of relaxation and rejuvenation throughout your entire body.

## **Wellness Suite Personalised Ritual for Two**

180 min 630€

A haven of tranquility, the Wellness Suite, offers a private steam and sauna room with ensuite shower facilities. Our expert wellness therapists will guide you through offerings available from the innovative KÉPOS treatment menu. We recommend a minimum 3 hours for a relaxed, unrushed experience utilizing the wide range of our 'Purify' or 'Detox' collections, and hydrotherapy facilities on offer.

### *Included*

- 120 minutes of personalized treatment for two persons
- 60 minutes use of private heat and water circuits
- Complimentary champagne and fruits

# *Massage Collection*



## **The Vitality Experience**

60min 170€

90min 205€

### *Uplifting · Rejuvenating · Energizing*

Inspired by authentic aromas of ancient Greece, this reviving massage purifies and energizes the body, utilizing oil infused with evocative sweet marjoram, zesty citrus and bold notes of rosewood, embodying the essence of Crete. The perfect combination of essences for relieving tension, headaches and body aches, jet lag, fatigue and lethargy. This treatment utilizes products created by pioneering skin experts 111SKIN.

## **The Serenity Experience**

60min 170€

90min 205€

### *Nurturing · Comforting · Grounding*

Designed to alleviate emotional and physical stresses, this healing massage uses rose quartz with a seductive blend of jasmine, tuberose, and zesty lime blossom notes combined with an innovative light effleurage technique. An experience which thoroughly restores the body's equilibrium, using signature 111SKIN products.

## **The Metropolitan Experience**

60min 170€

90min 205€

### *Restoring · Refreshing · Refocusing*

A deep tissue massage harnessing the boldness of frankincense with its uplifting, confident tones that work to relieve tension, reduce inflammation, and create a calming environment. The treatment involves deep tissue massage techniques, that stretch the spine with signature 111SKIN products.

## **The Performance Experience**

60min 170€

90min 205€

### *Energizing · Releasing · Relieving*

Awaken your senses with this treatment designed to relieve tension, invigorate the body, and improve circulation through the use of aromatic oils. A curated oil blend is massaged deep into the muscles, bringing relief from tension enabling you to feel relaxed and energized. This treatment uses our signature 111SKIN product range.

## **Cryo Energizing Body Treatment**

75min 245€

*Oxygenating · Energizing · Detoxifying*

Our signature 111SKIN cryotherapy machine is used in this treatment alongside a combination of stretches and deep massage, to address areas of the body most prone to aches and pains. Designed to increase circulation and relieve muscle tension whilst providing lasting relief and a sense of relaxation.

## **Tranquility Body Ritual**

60min 155€

*Peaceful · Relaxing · Healing*

A body ritual inspired by traditional Indonesian Sea Malay massage, that incorporates an undulating wave massage inducing a deep sense of rest, relaxation and recovery. Our signature Tranquillity™ Sound and Essential Oil Blend combined with the use of soft brushes created by [ comfort zone ] is used in this ritual.

## **Aroma Soul Elements Massage**

90min 195€

*Uplifting · Hydrating · Soothing*

The invigorating Aroma Soul massage is designed to deliver deep muscular relaxation combined with a choice of uplifting and exotic scents, inspired by Arabian, Oriental and Mediterranean cultures. This deeply therapeutic treatments includes a full body exfoliation coupled with products from our signature [ comfort zone ] product line to nourish, smooth and enhance skin luminosity.

## **Volcanic Thermal Stones**

90min 195€

*Relaxing · Warming · Powerful*

Your muscles will benefit from the gentle yet powerful warmth of black basalt stones releasing tension and inducing a total sense of relaxation. The heated stones are infused with centuries old energy, skillfully combined with the perfect blend of essential aromatics to stimulate and invigorate the body.

## **Thai Massage**

90min 205€

*Rejuvenating · Intense · Mindful*

Inspired by the spiritual traditions practiced by Buddhist monks for over 2,500 years, this treatment involves a combination of intense stretching and compression techniques along the body's energy lines, to relieve muscle and joint tension. We recommend an additional 30-minute body scrub or a 30-minute facial to enhance your massage experience.

## **Pre and Post Natal Therapy**

60min 155€

### *Nourishing · Rejuvenating · Relaxing*

A gentle nurturing massage designed specifically for mother and baby during pregnancy or as a post-natal treat. Gentle massage assists blood flow in a relaxing, comforting and nurturing environment. This treatment uses cushions throughout the session, helping to reduce swelling, improve circulation and contributing to skin silkiness and tone.

## **Back, Neck & Shoulder Massage**

30min 85€

### *Tension Relieving · Relaxing · Blissful*

Our back, neck and shoulder massage works wonders through the application of infused aromatic massage oils designed to release body tension, combined with gentle movements on key pressure points.

## **Foot Massage**

30min 85€

### *Relaxing · Stimulating · Healing*

Alleviate tired aching feet with this invigorating foot massage. This treatment involves gentle pressure on key reflex points that stimulate the body's self-healing process, promote relaxation and reduce muscular stress. We recommend combining this treatment with a Back, Neck and Shoulder massage or adding a 30-minute body scrub or facial to this experience.

## **Head Massage**

30min 85€

### *Tension Relieving · Awakening · Revitalizing*

Allow yourself to be awakened by the revitalizing touch of our skilled therapists. This treatment involves a combination of pressure points on the head and neck, paired with gentle stretches that will leave you feeling rejuvenated and refreshed. We recommend combining this treatment with a 60-minute massage to enhance your wellness experience.

# *Facial Collection*



## **The Signature Harley Street Facial**

60min 205€

90min 255€

### *Restoring · Calming · Strengthening*

A high-performance 60-minute facial formulated with powerful antioxidants that neutralize free radical damage and repair irritated skin. This double clinical cleanse treatment strengthens and restores the skin's lipid barrier, preventing inflammation, and targeting the effects of skin dehydration and sensitivity. The 90-minute signature facial also combines the benefits of LED red light therapy designed to increase circulation, reduce inflammation, stimulate collagen production and accelerate the skin's healing process. This treatment features our signature 111SKIN products.

## **Celestial Black Diamond Non-Surgical Lift Facial**

90min 265€

### *Lifting · Firming · Tightening*

This non-surgical facial, offers minimally invasive procedures designed to lift, firm, rejuvenate, and refresh the physical appearance of the face and is customized to include the use of ampules or skin peeling solutions. This treatment is recommended for more mature skin, which may lack facial elasticity, or where deep wrinkling and fine lines may be present. This treatment uses our 'Intensive' collection for the most optimal results and advanced signs of ageing.

## **Derma Pen Molecular Hydration Facial**

75min 215€

### *Hydrating · Volumising · Treating*

Using a blend of cosmeceutical technology and clinically led 111SKIN formulas, this high-tech facial targets skin that requires deep hydration and brightening. Intensified by the use of a Derma Pen, which gently creates micro channels in the skin that aid collagen production and deeper absorption of ingredients; elasticity, pore visibility, volume, signs of sun damage, and scarring are improved. The complexion is rejuvenated, leaving it luminous, plump, and smooth by using the 111SKIN healing Bio Cellulose Y Theorem Facial Mask.

## **Molecular Hydration Facial**

60min 245€

*Hydrating · Volumizing · Contouring*

Using ingredients that hydrate, moisturize and deeply penetrate the skin this facial uses a topical non-invasive selection of actives, that replicate our signature 111SKIN clinical mesotherapy solution. Recommended for very dry and lacklustre complexions.

## **Clarity Rebalancing Facial**

60min 205€

90min 255€

*Clarifying · Calming · Cleansing*

This pioneering facial treatment has been designed to restore natural skin balance. Offering an effective skin peel with the latest scientific enhancements, including LED blue light and high frequency, deliver deep cleansing and anti-bacterial benefits for optimal results. Recommended for blemish prone, acne-scarred, oily, or combination skin types. The 90-minute facial has the added benefit of a steam application and extraction procedure.

## **Rose Gold Radiance Facial**

60min 245€

*Smoothing · Firming · Sculpting*

This facial treatment combines innovative formulas that lift, firm and sculpt using a signature three-tiered process. Our signature 111SKIN technique is applied before a smoothing wand is gently brushed across the face. This is then followed by a rose quartz crystal massage containing the specially formulated 'Radiance Oil' featured in the Radiance Collection with extracts of gold and rose for an illuminating effect.

## **Cryotherapy Toning Facial**

60min 205€

90min 255€

*Oxygenating · Defining · Detoxifying*

Using cooling purified air to increase microcirculation, this cryotherapy treatment oxygenates the skin, enabling optimum absorption of our signature 111SKIN active ingredients. This facial can be enjoyed as a 60-minute treatment with Cryo Globes or a 90-minute treatment with Cryo Globes and a Cryo Machine. Designed to help the skin counteract everyday pollution, the detoxifying effect reduces inflammation and water retention resulting in firmer and more luminescent skin.



## **LUNAR28 Brightening**

1,650€

Facial 60min + 28 days treatment application

*Brightening · Balancing · Illuminating*

A revolutionary 28-day brightening treatment designed specifically to enhance the skin's luminosity, radiance and softness without the use of laser technology. LUNAR28 provides a prolonged, laser-free, topical solution that achieves comparable results to clinical methods. This treatment features our signature 111SKIN Intensive collection, with the option to continue the 28-day post treatment cycle to maximise the benefits at home with the exclusive LUNAR28 kit.

## **Hydra Memory Facial**

60min 170€

*Restoring · Nourishing · Illuminating*

This deeply hydrating, antioxidant facial prevents premature ageing to the face, neck and décolleté thanks to a special mask application and brush massage. Recommended after air travel and frequent exposure to the sun, this treatment features our signature [ comfort zone ] products.

## **Active Pureness**

90min 205€

*Purifying · Smoothing · Toning*

A deeply purifying facial to smooth and even the complexion, reducing pores in oily, scarred or acne prone skin. A peel-off spirulina algae mask is applied followed by a deep cleansing and mattifying peel. This treatment also includes a steam extraction and utilizes our signature [ comfort zone ] products.

## **Sublime Skin Pro Lift**

60min 195€

### *Firming · Re-plumping · Defining*

Experience instant rejuvenation with this firming, re-plumping anti-aging face and neck treatment with a double peel application followed by a lifting mask. The Active-lift™ Massage with Kobido techniques, restores fullness and redefines volume in the face and neck.

## **All-Natural Pregnancy Facial**

60min 170€

### *Soothing · Hydrating · Calming*

Reveal that beautiful pregnancy glow, with this hydrating soothing facial, which uses an intensive nourishing oil. Special attention is paid to relaxing legs and arms with a gentle massage that relieves aches and pains. This treatment utilizes products purposefully created by [ comfort zone ].

## **Express Facial**

30min 95€

This express facial is designed for those who are on a tight schedule, but place value on looking and feeling great.

## **Eye Recovery**

30min 95€

This triple action treatment aims to combat dark circles, puffiness, and wrinkles due to everyday stresses and lack of restful sleep, providing immediate lifting and luminosity.

## **Led Light Therapy by 111SKIN**

30min 95€

A non-invasive beauty treatment utilizing therapeutic light at varying depths of the skin to promote collagen production, cellular growth and repair. This treatment simultaneously uses red and blue LED light to eliminate under-eye wrinkles and fine lines whilst eliminating acne-causing bacteria and improving tone for youthful-looking skin. An advanced treatment to heal skin from within.

# *Body Collection*



## **Celestial Black Diamond Sculpting Treatment**

60min 290€

*Lifting · Tightening · Nourishing*

This powerful anti-ageing treatment is designed to deliver visible results that smoothe, sculpt and tone the face and body, drawing on 111SKIN's most intensive product collection. Using a thermal polish and the revolutionary 'Celestial Black Diamond' body cream with a Black Diamond Lift and Firm Face Mask, firmer skin is achieved with immediate results.

## **Molecular Hydration Face, Body & Scalp Treatment**

90min 290€

*Hydrating · Volumizing · Moisturizing*

Our most intense and hydrating treatment, rich in hyaluronic acid to moisturize body, face and scalp. A full body application using hyaluronic serum, increases circulation in conjunction with our signature bio-cellulose mask designed to deeply hydrate the skin. An indulgent warm oil scalp massage completes the experience. This treatment features our 111SKIN intense hydrating collection.

## **Rose Radiance Body Treatment**

60min 290€

*Soothing · Sculpting · Illuminating*

An indulgent body ritual using our exclusive 111SKIN product range for a full body exfoliation followed by the application of our exceptional rose gold oil. A Rose Quartz Brightening mask is applied to the face with a reviving back and chest massage using rose quartz crystal, resulting in skin that glows from the inside out.

## **Cryo Cellulite Treatment**

75min 245€

*Smoothing · Contouring · Relaxing*

Using cryotherapy and our signature 111SKIN product range, this treatment is designed to minimize cellulite on the outer thighs. A full body exfoliation and anti-cellulite mask are combined with a cryo air inspired massage, gently alleviating stubborn cellulite whilst helping the body feel relaxed.

## **Deep Body Renewal**

60min 205€

*Restoring · Comforting · Nourishing*

A regenerating treatment using our [ comfort zone ] product range, applies antioxidants and minerals to the skin to restore tone, elasticity and deep hydration. A cleansing scrub removes dead skin cells, whilst a cocooning body wrap moisturizes and soothes the skin with a deeply relaxing massage. This treatment is beneficial for those who spend time exposed to the sun's UV rays and is considered a safe treatment during pregnancy (subject to medical consultation).

## **Montalcino Thermal Mud**

60min 215€

75 min 240€

*Detoxifying · Toning · Stimulating*

An intensive treatment using products from our [ comfort zone ] collection, that utilizes thermal waters from the Montalcino region of Tuscany, known for their detoxifying and anti-cellulite properties. A blend of essential oils encourages deep tissue cleansing with fucus and laminaria algae to stimulate lipolytic action. The 75-minute treatment features cellulite enhancement.

## **Bespoke Express Body Treatments**

30min 95€

We invite you to curate your own KĒPOS experience choosing from our wide range of wraps and body polishes, and based on the current needs of your skin, for a truly individual wellness journey. We recommend you combine this bespoke experience with one of our massages or facial treatments.

Please ask a member of our KĒPOS wellness team about beneficial combinations.

### **Body Glow Wrap**

Experience a renewing treatment to repair and soften the skin, removing dead skin cells and impurities to leave the skin soft, soothed and calm.

### **Pure Detox Wrap Experience**

This treatment uses thermal water from Montalcino in Tuscany, with detoxifying and anticellulite actions. A blend of essential oils encourages purification of the tissues, while the fucus and laminaria algae promote lipolytic action.

### **Mineral Scrub**

A blend of fortifying sea salts, rich in sea minerals to nourish and replenish the skin and body, blended with Cretan olive oil, rich in vitamins and anti-oxidants to protect, hydrate and strengthen the skin.

### **Aroma Soul Scrub**

Using pure volcanic rhyolite particles from the Stromboli region of Sicily, combined with Karité butter and Betaglucan, this treatment provides effective body exfoliation and nourishment, leaving the skin purified and hydrated. This treatment features products from our signature [ comfort zone ] range.

# + *Treatments*



The innovative services at KĒPOS combine breakthrough scientific research with high aesthetic performance. Discover a revolutionary wellness offering and experience the multiple benefits of cold and heat treatments for optimum results.

### **Cryotherapy Chamber**

2min 75€

3 Sessions\* 195€

5 sessions\* 300€

10 sessions\* 550€

Cryotherapy exposes the body to extremely cold temperatures in a closely monitored setting, enhancing the body's ability to heal at a faster rate by boosting the immune system. Health benefits of whole body cryotherapy include muscle recovery, reduction in pain and inflammation as well as an increased immune response. Anti-oxidative and anti-inflammatory effects of cryotherapy deliver enhanced mood, sleep and focus and boost your metabolism.

### **Vitamin Infusion**

Approx. 40–60min from 280–320€

Vitamin infusions help the body absorb essential vitamins and minerals, through direct fluid delivery into the veins. Tailored to individual goals from hydration to brain health and detoxification to immune support, start with a hair analysis consultation to fully understand your personal nutrition needs and benefit from the infusion experience.

### **Infrared Sauna**

30min 45€

45min 65€

3 x 30min sessions\* 115€

Infrared light penetrates deep into the body to relieve inflammation, stiffness and muscle and joint soreness, by increasing blood circulation and detoxifying blood and lymph cells. The Infrared sauna experience can be undertaken as a 30- or 45-minute session.

## **Hyperbaric Oxygen Therapy**

60min 250€

Couples session 320€

3 sessions\* 640€

5 sessions\* 990€

7 sessions\* 1290€

By increasing the volume of oxygen in the bloodstream, Hyperbaric Oxygen therapy helps to build and repair damaged blood vessels, whilst triggering collagen growth, enabling a faster healing process by stimulating the body's immune response. Delivering an all-round body enhancing experience, these sessions improve cognitive function, aid recovery after intense physical activity, increase energy and vitality, reduce fatigue and enhance sleep patterns.

## **Colon Hydrotherapy**

60min 120€

This treatment utilizes warm water to remove waste and toxins from the bowel, resulting in increased energy levels, a reduction in bloating and sluggishness and the alleviation of joint and muscle issues. Sessions can be booked as a stand-alone treatment or can be undertaken as part of a personalized KĒPOS wellness program.

\* Pre-paid package rate

# *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**

### **Biological Age & Performance Analysis** 30min 170€

Take the active metabolic and VO2max breath test and craft your peak performance schedule.

### **Metabolic Blueprint & Nutrition Optimization** 30min 170€

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

### **Biological & Metabolic Performance & Nutrition Analysis** 65min 300€

Combine resting and active metabolic testing and benefit from the optimal nutrition, training and breathwork program for your biology.

## **Wellness Lifestyle Consultation**

120min 545€

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**

45min 190€

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 155€

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 90€

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.

# *Fitness & Movement*



Bespoke fitness sessions are delivered in our cutting-edge BXR Gym featuring the latest Technogym and Life Fitness equipment. Energize your workout in our dedicated outdoor functional area and experience invigorating training with the guidance of world-class BXR London coaches. BXR London is the world's first high-end boxing gym, offering exceptional workout sessions setting a new standard for wellness-oriented fitness.

## **Personal Training**

Reach your personal health and fitness goals supported by our experienced personal trainers, who will evaluate and make recommendations on your lifestyle, health, and fitness patterns to create a comprehensive personalized training program that is both achievable and driven by consistent results, allowing you to attain optimal fitness in a realistic timeframe. Our personal trainers are available for individual or group training sessions.

## **Reax Aqua Fitness**

This fun water-based workout activates the deeper layers of your muscles, making training more intense and effective than on land. Each workout program combines toning exercises comprising of coordination and joint mobility activities and can be customized to meet your individual needs and goals.

## **Yoga**

Balance body, mind and spirit with a selection of yoga classes by our professional master instructors to improve posture, core breathing and inner calm. Further relieve joint pressure and release tension with an aerial yoga session to deepen your practice.

## **Pilates**

Condition the body's core through low impact workouts that improve body alignment while creating a greater awareness of breathing correctly through slow and controlled movements.

- Individual **60min 95€**
- Small group (up to 3 pax) **60min 150€**
- Group (4-6pax) **60min 180€**

# *Therapeutic Water Circuit*



## **Therapeutic Hydrotherapy Circuit**

60min 35€

Experience pure relaxation and absorb the cleansing properties of water on the Therapeutic Water Circuit. Our wellness experts are on hand to tailor your visit making optimum use of the Thermal Bathing Suite and Vitality Pool designed to bring balance and equilibrium through the healing energy of water.

## **Thermal Bathing Suite**

Finnish Sauna • Soft Sauna • Experience Shower Walk • Steam Room

## **Vitality Pool**

Move through to the heated Vitality Pool featuring restorative full body as well as neck and back massage jets. Benefit from the soothing feeling of water on your skin and feel rejuvenated from within.

# *Finishing Touches*



# Hair Wellness Treatments

## The Basics

Moisture Shampoo	7€
Moisture Treatment	35€

## Styling

Regular Hair Styling	45€
Long Hair Styling	50€
Half Up Do	55€
Full Up Do	60€
Hair Straightening	60€
Hair Styling Extensions	60€
Bridal Hair Styling	250€
Blow Dry	30€

## Cuts

Haircut Ladies	50€
Haircut Men's	40€
Haircut Child	30€

## Colour

Colouring Roots	70€
Colouring Full	75€
Refle Treatment	50€
Bleach Treatment	60€
Balayage	120€
Highlights 1 Full Head	110€
Highlights 1 Half Head	70€
Highlights 2 Full Head	130€
Highlights 2 Half Head	80€
Hair Highlight Chunking	60€

## Signature Hair Wellness

### Nourish & Shine Treatment

20€

Restore balance and shine to your hair with this indulgent signature blend of beneficial essential oils in the form of serum ice bars leaving your scalp nourished and lustrous.

### Natural Essential Oil Treatment

45€

Pamper and care for your hair with our signature wellness treatment combining herbs with nutrient-rich essential oils. This exclusive treatment uses a traditional pestle and mortar to create a deeply nourishing hair mask with fresh aloe vera.

*Take your pick from the following blends:*

- Avocado, geranium, jasmine and magnolia for deep moisture and hair nourishment
- Citrus fruits for shine and volume, ideal for thin hair
- Rejuvenating herbs with laurel oil for scalp treatment and split ends
- White and dark chocolate, shea butter and argan oil for vitality and repair

## **Nails**

Colour	40€
Manicure	80€
Pedicure	90€
Shellac Removal	30€

## **Depilation**

Leg	65€
Half-Leg	45€
Bikini	40€
Brazilian	55€
Underarms	25€
Arms	45€
Back	50€
Upper Lip	20€
Eyebrow Shaping	20€





# KĒPOS Etiquette

## **Appointments**

We highly recommend that you book your treatment in advance to ensure that your preferred time and service is available.

## **Special Requests**

Many of our KĒPOS by Goco treatments and experiences can be adapted for pregnant guests or guests with injuries subject to medical approval. Please contact us directly to discuss further.

## **KĒPOS Environment**

KĒPOS by Goco has a no smoking policy. We also request that you switch your phone to silent mode while in or around the wellness areas. The minimum age for taking wellness treatments is 16 years. Guests under the age of 18 years are required to have parental consent prior to the booking being accepted.

## **Cancellation Policy**

We understand that schedules change and we will do our best to accommodate your requirements. Since your time at KĒPOS is reserved especially for you, we kindly ask you to give a minimum of four hours' cancellation notice. Cancellations made within four hours of your reservation, will be subject to the full charge of the treatment booked.

## **Preparation**

We recommend that you arrive at least 30 minutes prior to your scheduled appointment, allowing time to complete your pre-treatment health assessment form.

## **Valuables**

Please do not leave important personal belongings unsecured in your room. Lockers are provided for the safety of your valuables.

## **KĒPOS Operating Hours**

KĒPOS by Goco: 10.00 - 20.00 daily  
BXR Gym: 07.00 - 20.00 daily

Appointment bookings can be made up to 19.00 directly with KĒPOS. After-hours appointments are subject to availability and on request basis only. Kindly contact our Guest Relations team for information outside operating hours.

## **Guest Room Treatments**

Selected treatments are available in the comfort of your own room. When booking in room treatments four hours' notice is required. Please note that these treatments carry a 50% service charge and are available during KĒPOS operation hours only.

*All rates are subject to change. All prices are in Euros and inclusive of applicable taxes.*

DAIOS COVE