



BESPOKE
Wellness

KĒPOS

BY GOCO

BESPOKE
Wellness

We welcome you to explore a world
of wellbeing through our synergistically
crafted rituals, a key component of the
innovative wellness approach
at KĒPOS by Goco.

Discover meticulously curated
individual programming designed
by our dedicated wellness experts.

KĒPOS

BY GOCO



PROGRAMS

Age Management

Ultimate Rejuvenation

.

Vitality

Optimal Wellbeing

.

Revival

Holistic Detox

.

Fitness

Active Movement

.

De-stress

Renewed Living

Ultimate Rejuvenation

Revitalize and reverse the effects of ageing through tailored nutrition and dietary solutions, coupled with an in-depth view on how stress and external factors can play a part in the ageing process.

A personalized program is designed to address and treat the areas of external aesthetics, nutrition, fitness and lifestyle providing insights during and after your stay at Daios Cove.



Experience cutting-edge
therapies to prevent
the ageing process



3 DAYS

Ultimate Rejuvenation

Inclusions

- 1 x Wellbeing Consultation
- 1 x Cell Wellbeing Epigenetic Analysis
- 1 x Fitness Intro & Body Composition Analysis
- 1 x Skin Health Diagnostic
- 1 x The Signature Harley Street Facial
- 1 x Celestial Black Diamond Sculpting Treatment
- 2 x Cryotherapy
- 1 x Manicure
- 1 x Pedicure
- 1 x Prescriptive IV Infusion
- 1 x Closing Wellbeing & Lifestyle Consultation

- Scheduled Access to the Thermal Facilities
- Daily Access to Activities
- Daily Nutrition Consultation

PRICE: 1,190€

5 DAYS

Ultimate Rejuvenation

Inclusions

- 1 x Wellbeing Consultation
- 1 x Cell Wellbeing Epigenetic Analysis
- 1 x Fitness Intro & Body Composition Analysis
- 1 x Skin Health Diagnostic
- 1 x The Signature Harley Street Facial
- 1 x Sublime Pro Lift Facial
- 1 x Celestial Black Diamond Sculpting Treatment
- 3 x Cryotherapy
- 1 x Personal Training
- 1 x Manicure
- 1 x Pedicure
- 1 x Natural Essential Oil Hair Treatment
- 1 x Yoga
- 1 x Prescriptive IV Infusion
- 1 x Hyperbaric Oxygen
- 1 x Closing Wellbeing & Lifestyle Consultation

- Scheduled Access to the Thermal Facilities
- Daily Access to Activities
- Daily Nutrition Consultation

PRICE: 1,790€

7 DAYS

Ultimate Rejuvenation

Inclusions

- 1 x Wellbeing Consultation
- 1 x Cell Wellbeing Epigenetic Analysis
- 1 x Metabolic Blueprint & Nutrition Optimization (resting metabolic test)
- 1 x Fitness Intro & Body Composition Analysis
- 1 x Skin Health Diagnostic
- 1 x The Signature Harley Street Facial
- 1 x Celestial Black Diamond Non-Surgical Lift Facial
- 1 x Celestial Black Diamond Sculpting Treatment
- 1 x Molecular Hydration Face, Body & Scalp Treatment
- 4 x Cryotherapy
- 1 x Personal Training
- 1 x Manicure
- 1 x Pedicure
- 1 x Natural Essential Oil Hair Treatment
- 1 x Yoga
- 2 x Prescriptive IV Infusion
- 3 x Hyperbaric Oxygen
- 1 x Closing Wellbeing & Lifestyle Consultation

- Scheduled Access to the Thermal Facilities
- Daily Access to Activities
- Daily Nutrition Consultation

PRICE: 2,900€

Optimal Wellbeing

The Optimal Wellbeing Program provides a comprehensive journey into the best of wellness on offer at Daios Cove.

A diverse selection of wellness modalities include nutrition and lifestyle consultations, fitness and body composition assessments, IV infusions, colon hydrotherapy, cryotherapy and Infrared Sauna, amongst other wellbeing and lifestyle offerings.



Sense vitality in mind and
body with a revolutionary
set of treatments



3 DAYS

Optimal Wellbeing

Inclusions

- 1 x Wellbeing Consultation
- 1 x Cell Wellbeing Epigenetic Analysis
- 1 x Fitness Intro & Body Composition Analysis
 - 1 x Skin Health Diagnostic
 - 1 x Molecular Hydration Facial
- 1 x Rose Radiance Body Treatment
 - 2 x Cryotherapy
 - 1 x Infrared Sauna
- 1 x Personal Training Session
 - 1 x Yoga/Pilates
- 1 x Prescriptive IV Infusion
- 1 x Closing Wellbeing & Lifestyle Consultation

- Scheduled Access to the Thermal Facilities
 - Daily Access to Activities
 - Daily Nutrition Consultation

PRICE: 1,290 €

5 DAYS

Optimal Wellbeing

Inclusions

- 1 x Wellbeing Consultation
- 1 x Cell Wellbeing Epigenetic Analysis
- 1 x Fitness Intro & Body Composition Analysis
 - 1 x Skin Health Diagnostic
 - 1 x Molecular Hydration Facial
 - 1 x Rose Radiance Body Treatment
 - 1 x Cryo Energizing Body Treatment
 - 3 x Cryotherapy
 - 2 x Infrared Sauna
 - 1x Hammam Ritual
 - 1 x Personal Training Session
 - 1 x Yoga/Pilates
 - 1 x Colon Hydrotherapy
 - 1 x Prescriptive IV Infusion
- 1 x Closing Wellbeing & Lifestyle Consultation

- Scheduled Access to the Thermal Facilities
- Daily Access to Activities
- Daily Nutrition Consultation

PRICE: 1,790 €

7 DAYS

Optimal Wellbeing

Inclusions

- 1 x Wellbeing Consultation
- 1 x Cell Wellbeing Epigenetic Analysis
- 1 x Fitness Intro & Body Composition Analysis
 - 1 x Skin Health Diagnostic
 - 1 x Molecular Hydration Facial
 - 1 x Active Pureness Facial
- 1 x Cryo Energizing Body Treatment
- 1 x Montalcino Thermal Mud Treatment
 - 1 x Hammam Ritual
 - 3 x Cryotherapy
 - 3 x Infrared Sauna
- 2 x Personal Training Session
 - 2 x Yoga/Pilates
- 1 x Colon Hydrotherapy
- 2 x Prescriptive IV Infusion
- 1 x Closing Wellbeing & Lifestyle Consultation

- Scheduled Access to the Thermal Facilities
 - Daily Access to Activities
 - Daily Nutrition Consultation

PRICE: 2,350 €

Holistic Detox

Revive body and mind by reversing the build-up of toxins created by day-to-day living. The Holistic Detox Program restores natural health and wellness through a prescriptive cleansing diet combined with healing therapies and a selection of mindfulness activities.

Achieve optimum results for the duration of the selected program and discover new lifestyle habits for long term benefits.



Revive and improve overall
health by purifying the body



3 DAYS

Holistic Detox

Inclusions

- 1 x Wellbeing Consultation
- 1 x Cell Wellbeing Epigenetic Analysis
- 1 x Fitness Intro & Body Composition Analysis
 - 1 x Skin Health Diagnostic
 - 1 x Cryotherapy Toning Facial
 - 1 x Detoxifying Personalised Ritual
 - 1 x Cryo Energizing Body Treatment
 - 1 x Infrared Sauna
 - 1 x Personal Training Session
 - 1 x Colon Hydrotherapy
- 1 x Prescriptive Detox IV Infusion
- 1 x Closing Wellbeing & Lifestyle Consultation

- Scheduled Access to the Thermal Facilities
 - Daily Access to Activities
 - Daily Nutrition Consultation

PRICE: 1,350 €

5 DAYS

Holistic Detox

Inclusions

- 1 x Wellbeing Consultation
- 1 x Cell Wellbeing Epigenetic Analysis
- 1 x Fitness Intro & Body Composition Analysis
 - 1 x Skin Health Diagnostic
 - 1 x Cryotherapy Toning Facial
 - 1 x The Signature Harley Street Facial
 - 1 x Detoxifying Personalised Ritual
- 1 x Molecular Hydration Face, Body & Scalp Treatment
 - 1 x Cryo Energizing Body Treatment
 - 1 x Hammam Ritual
 - 3 x Infrared Sauna
 - 1 x Personal Training Session
 - 1 x Yoga / Meditation
 - 1 x Colon Hydrotherapy
 - 1 x Prescriptive Detox IV Infusion
- 1 x Closing Wellbeing & Lifestyle Consultation

- Scheduled Access to the Thermal Facilities
- Daily Access to Activities
- Daily Nutrition Consultation

PRICE: 2,090 €

7 DAYS

Holistic Detox

Inclusions

- 1 x Wellbeing Consultation
- 1 x Cell Wellbeing Epigenetic Analysis
- 1 x Fitness Intro & Body Composition Analysis
 - 1 x Skin Health Diagnostic
 - 1 x Cryotherapy Toning Facial
 - 1 x The Signature Harley Street Facial
 - 1 x Detoxifying Personalised Ritual
- 1 x Molecular Hydration Face, Body & Scalp Treatment
 - 1 x Cryo Energizing Body Treatment
 - 1 x Montalcino Thermal Mud Treatment
 - 1 x Cryo Cellulite Treatment
 - 4 x Infrared Sauna
 - 2 x Personal Training Session
 - 1 x Hammam Ritual
 - 2 x Yoga / Meditation
 - 1 x Colon Hydrotherapy
 - 2 x Prescriptive Detox IV Infusion
- 1 x Closing Wellbeing & Lifestyle Consultation

- Scheduled Access to the Thermal Facilities
 - Daily Access to Activities
 - Daily Nutrition Consultation

PRICE: 2,900 €

Active Movement at BXR Gym

The active movement program combines a variety of movement and fitness classes improving overall health levels and mental agility as well as building on strength, stamina, cardiovascular health and posture. Discover our indoor and outdoor spaces at BXR Gym and allow the fitness experts to guide the way on an exhilarating journey through movement.



Train like a champion and boost physical and mental condition



3 DAYS

Active Movement

Inclusions

- 1 x Wellbeing Consultation
- 1 x Cell Wellbeing Epigenetic Analysis
- 1 x Fitness Intro & Body Composition Analysis
 - 1 x PNOË Biometrics Assessment
 - 1 x Cryo Energizing Body Treatment
 - 2 x Cryotherapy
 - 2 x Infrared Sauna
 - 1 x Personal Training
 - 1 x Yoga / Pilates
 - 1 x Performance IV Infusion
- 1 x Closing Wellbeing & Lifestyle Consultation

- Scheduled Access to the Thermal Facilities
 - Daily Access to Activities
 - Daily Nutrition Consultation

PRICE: 1,320 €

5 DAYS

Active Movement

Inclusions

- 1 x Wellbeing Consultation
- 1 x Cell Wellbeing Epigenetic Analysis
- 1 x Fitness Intro & Body Composition Analysis
 - 1 x PNOË Biometrics Assessment
 - 1 x Cryo Energizing Body Treatment
 - 3 x Cryotherapy
 - 3 x Infrared Sauna
 - 3 x Personal Training
 - 1 x Yoga / Pilates
 - 1 x Aqua Fitness
 - 1 x Performance IV Infusion
 - 1 x Hyperbaric Oxygen Therapy
- 1 x Closing Wellbeing & Lifestyle Consultation

- Scheduled Access to the Thermal Facilities
- Daily Access to Activities
- Daily Nutrition Consultation

PRICE: 1,840€

7 DAYS

Active Movement

Inclusions

- 1 x Wellbeing Consultation
- 1 x Cell Wellbeing Epigenetic Analysis
- 1 x Fitness Intro & Body Composition Analysis
 - 1 x PNOË Biometrics Assessment
 - 1 x Cryo Energizing Body Treatment
 - 1 x Montalcino Thermal Mud Treatment
 - 4 x Cryotherapy
 - 4 x Infrared Sauna
 - 4 x Personal Training
 - 2 x Yoga / Pilates
 - 1 x Aqua Fitness
 - 1 x Performance IV Infusion
 - 2 x Hyperbaric Oxygen Therapy
- 1 x Closing Wellbeing & Lifestyle Consultation

- Scheduled Access to the Thermal Facilities
 - Daily Access to Activities
 - Daily Nutrition Consultation

PRICE: 2,490 €

Renewed Living

A One Day program entailing an effective blend of cutting-edge treatments in our pioneering hub of wellbeing.

Alleviate stress and strengthen emotional balance with Renewed Living through restorative healing therapies and rituals. Relax and allow your senses to return to their equilibrium with an awareness of living in the present moment.



Balance mind,
body and spirit and
restore wellbeing



1 DAY

Renewed Living

Inclusions

1 x Doctor's Health Consultation

1 x Body Composition Analysis

1x Personal Training

1x Cryotherapy

1x Tranquility Body Ritual

1x Closing Lifestyle Consultation

Scheduled Access to the Thermal Facilities

Daily Access to Activities

PRICE: 350 €





DAIOS COVE