

# +TREATMENTS

## *Colon Hydrotherapy*



KĒPOS

BY GOCO

# Colon Hydrotherapy

Feel energized, light and radiant by healing your digestive system from within. Colon hydrotherapy, is a gentle method of rinsing the large intestine with purified water to remove toxins, cleanse and tone this part of the digestive tract.

A manual abdomen massage by your certified therapist is recommended to encourage the process of flushing out harmful bacteria. A range of water pressures and temperatures is used according to your preferences and comfort enabling essential nutrients to be absorbed more efficiently for deep hydration of the area.

Colon hydrotherapy works in a natural way with the rest of your body to balance the gut and get your digestive system back to a healthy state. This gentle method stimulates and exercises the colon muscles for improved bowel function whilst boosting your immune system.

## TREATMENT ON OFFER INCLUDES

- 60-minute Colon Hydrotherapy session

*Guests wishing to experience this treatment are required to participate in a consultation prior to their session.*

*This service is administered and overseen by a registered nurse*

To reserve your session or for more information,  
please contact KĒPOS by Goco on Tel. 14.

KEPOS@DAIOSCOVE.COM | DAIOSCOVE.COM

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## *Cryotherapy*



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BY GOCO

# Cryotherapy

Detoxify your body and enhance your overall wellbeing with cryotherapy, a treatment used by wellness experts and professional athletes for its breakthrough therapeutic effects. Localized cryotherapy is recommended for particular areas of the body or you can opt for a session in the full cryotherapy chamber. The process includes entering the cryo-technology chamber with cold air down to  $-85^{\circ}\text{C}/-120^{\circ}\text{F}$  for up to 3 minutes. Health benefits of cryotherapy include muscle recovery, reduction in pain and inflammation as well as an increased immune response. Anti-oxidative and anti-inflammatory effects of cryotherapy combat the body's stress responses associated with rheumatic and skin conditions, reduced pain from arthritis and muscular injuries for a speedy recovery. Enjoy enhanced mood, sleep and focus and boost your metabolism with the latest innovation in the wellness sphere.

## TREATMENTS ON OFFER INCLUDE

- 60- and 90-minute Cryotherapy Toning Facial
- 60-minute Cryo Energizing Body Treatment combined with stretches and deep massage
- 60-minute Cryo Cellulite Treatment
- Up to 3-minute full body Cryotherapy chamber sessions

*Guests wishing to experience this treatment are required to participate in a consultation prior to their session.*

*Cryotherapy treatments are not suitable if you have diabetes or any conditions that affect the nervous system.*

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## *Infrared Sauna*



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# Infrared Sauna

Experience deep relaxation and rejuvenate in our full-spectrum, infrared sauna using light and electromagnetic frequencies to penetrate deep into the body. Infrared light lamps heat the body directly without warming the circulating air. Our infrared sauna is ideal for guests who wish to reap the health benefits of a sauna session without the heat element of a traditional sauna.

Further benefits include better sleep, reduction of inflammation, relief from stiffness and joint pain, as well as improved circulation and immunity boost. Combine an infrared sauna session with a cryotherapy treatment for optimal results and an enhanced wellness experience.

## SESSIONS ARE AVAILABLE IN

- 30- and 45-minute increments

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## *Vitamin Infusion*



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# Vitamin Infusion

Regain energy and give your immune system a boost with Vitamin Infusions efficiently allowing the body to absorb essential vitamins and minerals, through direct intravenous fluid delivery. A blended infusion rich in vitamins, minerals and trace elements moves quickly through the bloodstream for maximum absorption.

This therapy is particularly beneficial for immunity support, detoxification, weight management as well as skin, hair and nail health. Infusions are either pre-blended or tailored to your individual requirements. A hair analysis consultation is recommended to fully establish your personal nutritional needs for optimal results.

## TREATMENTS ON OFFER INCLUDE

- 40- to 60-minute intravenous Vitamin Infusion

*Guests wishing to experience this treatment are required to participate in a consultation prior to their session.*

*This service is administered and overseen by a registered nurse*

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## *Hyperbaric Oxygen*



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# Hyperbaric Oxygen

Hyperbaric oxygen therapy is designed to increase the volume of oxygen in the body through the infusion of concentrated oxygen in a decompression chamber. The chamber enhances oxygen flow through the blood stream, helping to reduce tissue swelling, heal wounds, repair damaged skin cells and cleanse the lungs, as well as promoting the formation of new blood vessels. This therapy may be taken as a stand-alone treatment or as part of a comprehensive program. Guests wishing to experience this treatment are required to participate in a consultation prior to their session.

## TREATMENTS ON OFFER INCLUDE

- 60-minute Hyperbaric Oxygen Therapy sessions
- Personalized packages after Consultation

To reserve your session or for more information,  
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