bespoke Wellness



BYGOCO

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.





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 Yoqa 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 Yoqa 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 1 x 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

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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 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

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3 DAYS Active Movement

Inclusions

1 x Wellbeing Consultation 1 x Cell Wellbeing Epigenetic Analysis 1 x Fitness Intro & Body Composition Analysis 1 x PNOĒ 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 PNOĒ 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 PNOĒ Biometrics Assessment 1 x Cryo Energizing Body Treatment 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 the merman activities Daily Nutrition Consultation

PRICE: 2,490 €

Renewed Living

A One Day program entailing an effective blend of cuttingedge 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