

Diagnostics



KĒPOS

BY GOCO

Diagnostics

*Experience revolutionary innovation
in the wellness sphere*

At KĒPOS by Goco our pioneering
diagnostics deliver an integrative
approach to health optimisation.

A holistic mindset combined with the
latest breakthroughs in advanced wellness
bring synergistic programs including
nutrition, beauty and fitness, immune
system support, and relaxation.

Metabolic Biometrics by PNOË

RMR

30min 170€

Determine your fat burn efficiency and metabolic blueprint

Measure your metabolic rate in a resting position and evaluate fat burn efficiency with the guidance of our KĒPOS wellness experts. Get the optimal calorie and macronutrient plan for your metabolism and fitness goal.

AMR

30min 170€

Gauge your biological age and craft peak performance

Take the active metabolic test and VO2max breath test and design your ideal performance schedule. Precise measurements in an active state offer a deeper understanding of your physical state.

Combo RMR & AMR

65min 300€

Gain insight to your fitness and optimize your exercise routine

Combine resting and active metabolic testing and benefit from the optimal nutrition, training and breathwork program for your biology. A comprehensive metabolic and biological performance analysis is delivered by our KĒPOS wellness experts who guide you through a practical understanding of your biometrics findings.

Cell Wellbeing Epigenetic Analysis

60min 190€

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

Styku 3D Body Scanner

Nutrition & Wellness Consultation with 3D Scanner 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, the KĒPOS wellness experts 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.

Body Composition Analysis 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 KĒPOS wellness specialists will consult with you on results, helping to set realistic goals.

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. Advanced diagnostic testing used in this consultation include:

- Body Composition Analysis
- Metabolic Biometrics by PNOĒ
- Cell Wellbeing Epigenetic Analysis

Our KĒPOS 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.