bespoke Wellness



BESPOKE Wellness

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

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





PROGRAMS

De-stress

Renewed Living Uncharted Fitness Urban Escape

Age Management

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Ultimate Rejuvenation .

Vitality Optimal Wellbeing .

Revival

Holistic Detox .

Fitness Active Movement

RENEWED LIVING

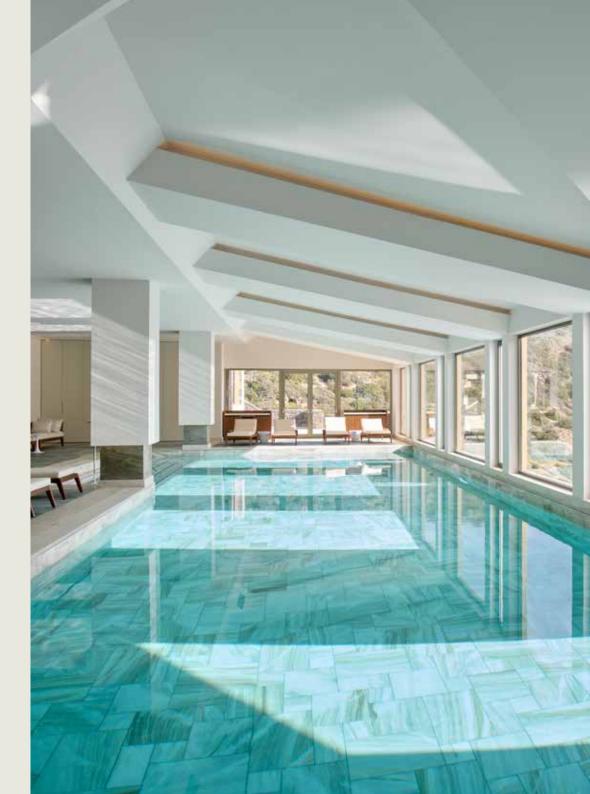
1 DAY

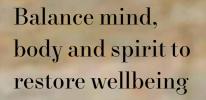
 $Restoration \cdot Balance \cdot Renewal$

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.

- If you are experiencing anxiety or seek effective methods to manage and reduce stress levels
- If you seek a transformative experience, enhancing physical and mental health







RENEWED LIVING

	1 DAY
Consultation & Diagnostics	
Health & Wellbeing Consultation	1
Fitness Intro & Body Composition Analysis	1
Closing Wellbeing & Lifestyle Consultation	1
Wellness	
Full Body Cryotherapy	1
Tranquility Body Ritual	1
Personal Training	1
Access to Complimentary Group Activities & Classes	\checkmark
Scheduled Access to Thermal Facilities	

(Finnish Sauna, Soft Sauna, Experience Shower Walk, Steam Room, Vitality Pool, Hydrotherapy Massage Jets)

390€

UNCHARTED FITNESS

1 DAY Energize · Vitality · Focus

This exclusive one-day program is designed to leave you energized, renewed and aligned with a sense of vitality. Explore the seamless integration of personalized fitness training, cryotherapy and infrared therapy, enveloped in the breathtaking natural beauty of Crete. Unwind, recharge and relish the end goal – a revitalized, empowered you.

- If you are passionate about fitness and wellbeing, seeking a transformative and immersive experience to elevate your overall health
- If you are looking for personalized fitness training and wellness experiences tailored to your unique needs and goals



Elevate your vitality -Ignite your essence

UNCHARTED FITNESS

	1 DAY
Consultation & Diagnostics	
Health & Wellbeing Consultation	1
Fitness Intro & Body Composition Analysis	1
Closing Wellbeing & Lifestyle Consultation	1

Wellness

Private Personal Training Session	1
Guided Outdoor Hike or Activity	1
Full Body Cryotherapy	1
Infrared Sauna Session	1
ERGON® Technique Massage	1

Access to Complimentary Group Activities & Classes√Scheduled Access to Thermal Facilities(Finnish Sauna, Soft Sauna, Experience Shower Walk,√Steam Room, Vitality Pool, Hydrotherapy Massage Jets)√

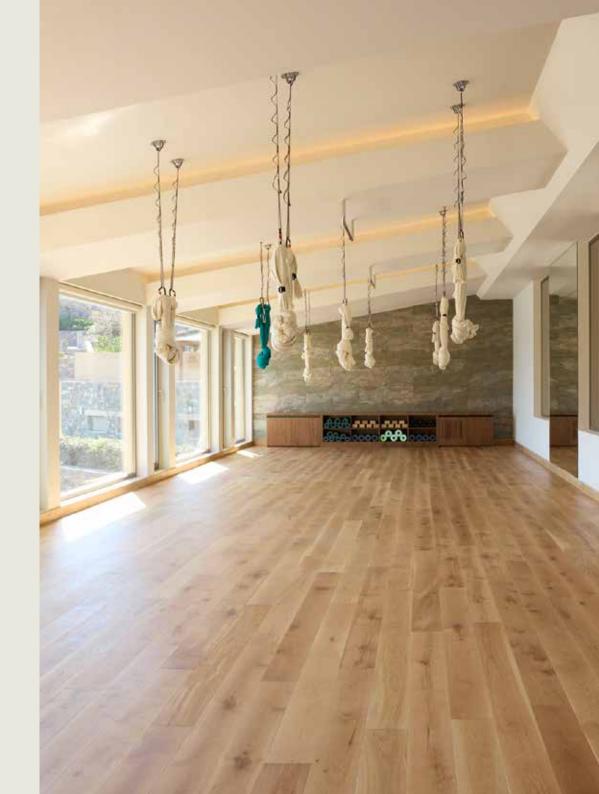
490€

URBAN ESCAPE

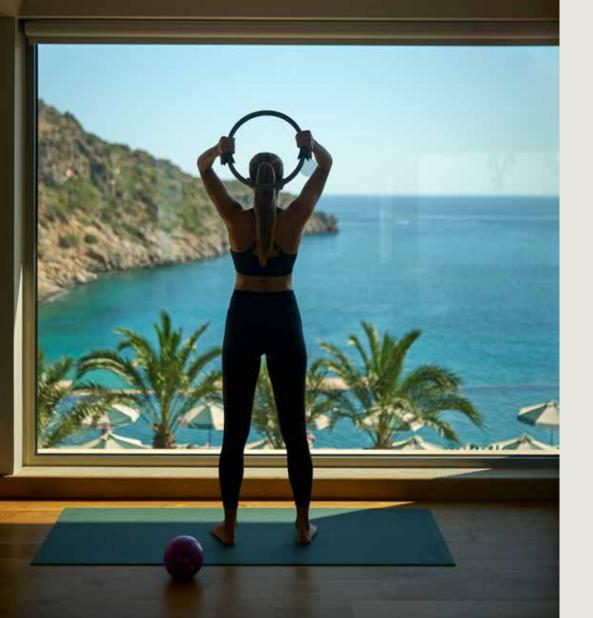
1 DAY Balance · Reconnect · Release

A transformative day to disconnect and breaking free from the stresses of urban lifestyles. Immerse yourself in a sanctuary designed to restore balance and mindfulness, guiding you towards a harmonious connection with yourself and your surroundings.

- For those living a busy, modern day lifestyle and seeking an escape in order to regain energy and reduce stress
- If you wish to unwind and disconnect while engaging in new healthy lifestyle practices



Disconnect and retreat, to rebalance, restore and rejuvenate



URBAN ESCAPE

1 DAY Consultation & Diagnostics Health & Wellbeing Consultation 1

Health & Wellbeing Consultation	1
Cell Wellbeing Epigenetic Analysis	1
Skin Health Diagnostic	1
Closing Wellbeing & Lifestyle Consultation	1

Wellness

Yoga Session	1
The Sound Experience	1
Hydra Glow Facial	1
Access to Complimentary Group Activities & Classes	√

Access to Complimentary Group Activities & Classes Scheduled Access to Thermal Facilities
(Finnish Sauna, Soft Sauna, Experience Shower Walk, Steam Room, Vitality Pool, Hydrotherapy Massage Jets)

590€

ULTIMATE REJUVENATION

3/5/7 DAYS

Aesthetics · Revitalize · Lifestyle

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 age management process.

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

- If you wish to better understand how to manage both internal and external factors that contribute to the ageing process and how to manage this, with improved routines and choices
- If you are interested in becoming the best version of yourself, both on the inside and out at any stage of life
- For those wanting to incorporate knowledge, techniques, dietary preferences and supplements to slow down age-related effects



Cutting-edge modalities to mitigate the effects of ageing



ULTIMATE REJUVENATION

3 DAYS 5 DAYS 7 DAYS

	JUAIJ	JDAIJ	/ DAIS
Consultation & Diagnostics			
Health & Wellbeing Consultation	1	1	1
Cell Wellbeing Epigenetic Analysis	1	1	1
Metabolic Blueprint & Nutrition Optimization	-	-	1
Fitness Intro & Body Composition Analysis	1	1	1
Skin Health Diagnostic	1	1	1
Closing Wellbeing & Lifestyle Consultation	1	1	1
Wellness			
The Reparative Facial	1	1	1
Black Diamond Non-Surgical Lift Facial	-	-	1
Sublime Pro Lift Facial	-	1	-
Black Diamond Sculpting Body Treatment	1	1	1
Rose Radiance Body Treatment	-	-	1
Full Body Cryotherapy	2	3	4
Personal Training Session	-	1	1
Manicure	1	1	1
Pedicure	1	1	1
Natural Essential Oil Hair Treatment	-	1	1
Private Yoga or Pilates	-	1	1
Prescriptive IV Infusion	1	1	2
Hyperbaric Oxygen Therapy	-	1	3
Daily Meal Plan & Nutrition Consultation			
Access to Complimentary Group Activities & Classes	\checkmark	\checkmark	\checkmark
Scheduled Access to Thermal Facilities	\checkmark	\checkmark	\checkmark
(Finnish Sauna, Soft Sauna, Experience Shower Walk, Steam Room, Vitality Pool, Hydrotherapy Massage Jets	s)		
	1 2500	2 0000	2 4500

1,350€ 2,090€ 3,450€

OPTIMAL WELLBEING

3/5/7 DAYS

 $Lifestyle \cdot Comprehensive \cdot Wellbeing$

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.

- If you are without a defined wellness goal, looking to explore and enhance your overall wellbeing through increased knowledge and understanding
- If you are seeking a lifestyle transformation through wellness initiatives
- If you are eager to experience the finest offerings at KEPOS and explore its best features and treatments



Experience vitality in mind and body with a selection of traditional rituals and contemporary treatments



OPTIMAL WELLBEING

3 DAYS 5 DAYS 7 DAYS

	JDAIJ	JEAIJ	/ DAIS
Consultation & Diagnostics			
Health & Wellbeing Consultation	1	1	1
Cell Wellbeing Epigenetic Analysis	1	1	1
Fitness Intro & Body Composition Analysis	1	1	1
Skin Health Diagnostic	1	1	1
Closing Wellbeing & Lifestyle Consultation	1	1	1
Wellness			
The Reparative Facial	1	1	1
Active Pureness Facial	-	-	1
Rose Radiance Body Treatment	1	1	-
Cryo Energizing Body Treatment	-	1	1
Gua Sha Thermal Mud Body Massage	-	-	1
Hammam Ritual	-	1	1
Full Body Cryotherapy	2	3	3
Infrared Sauna	1	2	3
Personal Training Session	1	1	2
Private Yoga or Pilates	1	1	2
Detoxifying Colon Hydrotherapy	-	1	1
Prescriptive IV Infusion	1	1	2
			\checkmark
Access to Complimentary Group Activities & Classes	\checkmark	\checkmark	\checkmark
Scheduled Access to Thermal Facilities	\checkmark	\checkmark	\checkmark
(Finnish Sauna, Soft Sauna, Experience Shower Walk, Steam Room, Vitality Pool, Hydrotherapy Massage Jets)		

^{1,390€ 2,090€ 2,690€}

HOLISTIC DETOX

3/5/7 DAYS Revive · Detox · Healing

Revive body and mind by reversing the build-up of toxins created by day-to-day living. The Holistic Detox Program restores health and wellbeing through bespoke nutrition advice 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.

- If you are looking to reverse the effects of day-to-day living and eliminate toxins from the body for a holistic health restoration
- If you desire to discover and adopt new lifestyle habits for an improved sense of physical and mental wellbeing
- If you are exposed to high levels of stress and pollution, often prevalent in urban environments



Achieve a lighter, revived and **more energized version of you**



HOLISTIC DETOX

3 DAYS 5 DAYS 7 DAYS

	5 DATS	5 DATS	/ DATS
Consultation & Diagnostics			
Health & Wellbeing Consultation	1	1	1
Cell Wellbeing Epigenetic Analysis	1	1	1
Fitness Intro & Body Composition Analysis	1	1	1
Skin Health Diagnostic	1	1	1
Closing Wellbeing & Lifestyle Consultation	1	1	1
Wellness			
De-Puffing Cryo Facial	1	1	1
The Reparative Facial	-	1	1
Detoxifying Personalised Body Ritual	1	1	1
Black Diamond Sculpting Body Treatment	-	1	1
Cryo Energizing Body Treatment	1	1	1
Gua Sha Thermal Mud Body Treatment	-	-	1
Cryo Cellulite Body Treatment	-	-	1
Infrared Sauna	1	3	4
Personal Training Session	1	1	2
Hammam Ritual	-	1	1
Private Yoga or Pilates	-	1	2
Detoxifying Colon Hydrotherapy	1	1	1
Prescriptive Detox IV Infusion	1	1	2
Daily Meal Plan & Nutrition Consultation			
Access to Complimentary Group Activities & Classes	\checkmark	\checkmark	\checkmark
Scheduled Access to Thermal Facilities	\checkmark	\checkmark	\checkmark
(Finnish Sauna, Soft Sauna, Experience Shower Walk, Steam Room, Vitality Pool, Hydrotherapy Massage Jet	s)		

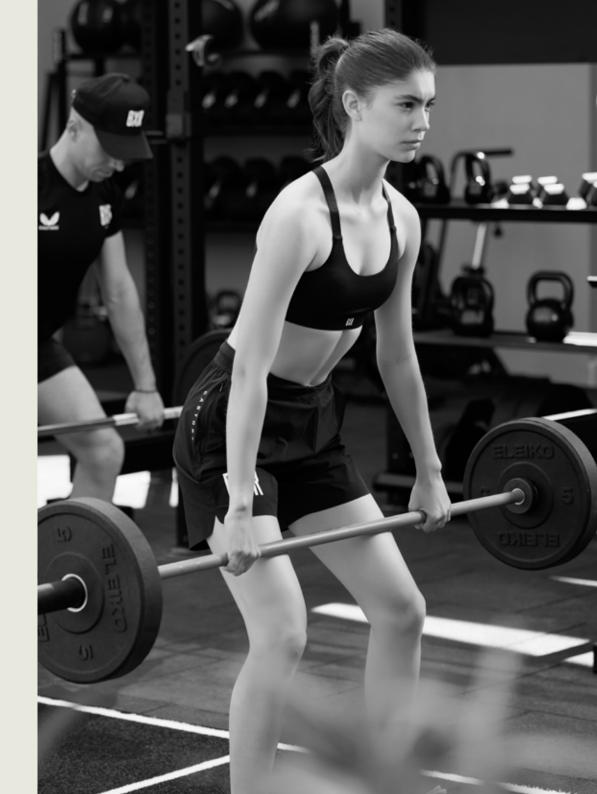
1,490€ 2,450€ 3,290€

ACTIVE MOVEMENT AT BXR GYM

3/5/7 DAYS Agility · Fitness · Health

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.

- If you are passionate about improving your overall fitness levels with tailored fitness guidance and assessments
- If you are looking to lose or gain weight for health improvement or appearance enhancement



Train like a champion and boost physical and mental condition

JANOS CONE

ACTIVE MOVEMENT

3 DAYS 5 DAYS 7 DAYS

Consultation & Diagnostics			
Health & Wellbeing Consultation	1	1	1
Cell Wellbeing Epigenetic Analysis	1	1	1
Fitness Intro & Body Composition Analysis	1	1	1
Biological & Metabolic Performance & Nutrition Analy	sis 1	1	1
Closing Wellbeing & Lifestyle Consultation	1	1	1
Wellness			
Cryo Energizing Body Treatment	1	1	1
Gua Sha Thermal Mud Treatment	-	-	1
Full Body Cryotherapy	2	3	4
Infrared Sauna	2	3	4
Personal Training Session	1	3	4
Private Yoga or Pilates	1	1	2
Private Reax Aqua Fitness	-	1	1
Performance IV Infusion	1	1	1
Hyperbaric Oxygen Therapy	-	1	2
Daily Meal Plan & Nutrition Consultation			√
Access to Complimentary Group Activities & Classes	\checkmark	\checkmark	\checkmark
Scheduled Access to Thermal Facilities	\checkmark	\checkmark	\checkmark
(Finnish Sauna, Soft Sauna, Experience Shower Walk, Steam Room, Vitality Pool, Hydrotherapy Massage Jets	;)		
	1,390€	2,090€	2,850€

DAIOS COVE

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