

# europaean Spa

D I G I T A L   E D I T I O N

Issue 86 | Winter 2022

THE BUSINESS MAGAZINE FOR SPA AND WELLNESS LEADERS



## ISLAND OF THE GODS

We visit Andronis Concept  
Wellness Resort, Santorini

## VALUE OF BEAUTY

An expert look at how beauty  
is set to influence wellness

## SPA LEADERSHIP

In conversation with Amanda  
Jennings of Seaham Hall, UK

## GOLD LIST 2022

We highlight 21 properties  
delivering world-class wellness





Spa Spotlight European Spa Gold List 2022

Spa Spotlight European Spa Gold List 2022



BEST  
FOR

A GREEK ODYSSEY



Cryotherapy is great for muscle recovery and reducing inflammation. Many guests are choosing to use our chamber. There is a great understanding of the benefits.

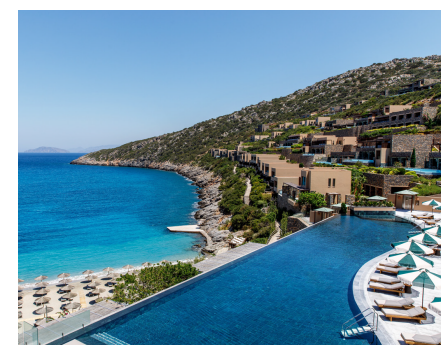
Eleni Papadopoulou  
Director of wellness

#### Transformative programmes

The spa's high-tech systems are overseen by resident doctor Masoud Fawzi and wellness consultant and nutritionist George Fokas. Treatment programming is based around six pillars of healing that include care, movement, nourishment, rest, treatment and bathing.

Three key diagnostic and consultation elements include a Styku 3D body scanner, a non-invasive Cell Wellbeing epigenetic test and a Phoebe breath analysis system.

All journeys begin with a consultation to understand the guest's physical state and discuss their individual needs and objectives. The medical and nutrition team can then prepare a strict dietary regime if needed, partnered with exercise, movement and more traditional spa treatments. These incorporate classic and alternative therapeutic facials and body rituals to support guests' overall wellbeing.



## Kēpos by Goco, Crete

**D**aikos Cove, a stunning resort near Agios Nikolaos in eastern Crete, is home to the Kēpos by Goco integrative wellness concept. An existing spa, which has been managed by GOCO Hospitality since 2018, was recently transformed over six months. The new concept developed by Ingo Schweder, founder and CEO of GOCO Hospitality, realises the vision of resort owner Dimitris Daikos and includes the creation of a wellness reception, a modern retail area and consultation rooms for a doctor and nutritionist. A guest waiting area and a relaxation/IV lounge for vitamin infusions were also created. The vitality pool area was remodelled and the spa's treatment rooms were fully refurbished.



The facilities have all been staged to reflect their unique location by lead designer Elastic Architects, using earthy tones to reflect a golden light through the spa. An outdoor functional area and BXR Arena training area complement an infrared sauna and the latest in medical-led treatments, including hyperbaric oxygen and cryotherapy chambers.

The spa also offers an indoor pool and hammam, plus a colon hydrotherapy room, Finnish and soft saunas, a steam room and an experience shower walk. A hairdressing salon, manicure and pedicure area, nine private single multifunctional treatment rooms, two double wellness suites and a double Thai massage suite are also present.

#### SPA STATISTICS

##### Kēpos by Goco

[www.daikoscovecrete.com](http://www.daikoscovecrete.com)

Spa size: 2,620sqm

**Product partners:** 1115SKIN, [comfort zone], Authentic Beauty Concept

**Spa suppliers:** Extra Unisex, Salvini, Barr+Wray, Oxyhelp, MECOTEC, Salachi, Manduka, Gharini, Almeco, Deloudis, BXR London, Life Fitness, Technogym, Rogue Fitness Europe, Phoebe, Styku, Cell Wellbeing, Dr. pen