

GOCO SPA
DAIOS COVE

A PLACE FOR YOU

GOCO

SPA
DAIOS COVE

THE EXPERIENCE

Crete, the home of the Mediterranean diet, where both health and an active and enjoyable lifestyle come together in one place. This is the philosophy that lies at the heart of GOCO Spa Daios Cove.

At GOCO Spa Daios Cove we merge holistic treatments and the healing attributes of water with evidence-based, results-driven treatments, comprehensive fitness facilities and a wide variety of wellness experiences to inspire and guide our guests towards a healthier lifestyle.



SIGNATURE JOURNEYS

Our signature journeys allow for the ultimate time out. Choose from either a traditional Cretan healing treatment, focused on natural products, or an ultra-modern, skin boosting ritual.

Cretan Renaissance Ceremony by Anne Semonin

120 min 210€

An exclusive and complete Cretan treatment of renaissance, derived from natural fragrant herbs native to the Cretan soil, including rosemary, lavender and oregano. An exfoliation with local salts is followed by a red wine wrap. After the skin is smooth and detoxified, the treatment is completed with a relaxing massage with linen pouches filled with dry herbs that release their aroma during the treatment, creating an aromatic cloud that relaxes the mind and soothes the spirit. This pampering treatment is specifically designed to detoxify and exfoliate the skin, followed by nourishment that leaves your skin instantly glowing.

Dramatic Healing Skin Care by 111SKIN

120 min 200€

Enter a multi-sensory experience designed to provide full-body skin healing and rejuvenation. A customised body massage is performed to rebalance the skin, leaving it smooth and supple. Follow this with a facial applying the clinical grade Dramatic Healing Serum, which was engineered with space scientists to elevate the skin's antioxidant production. The treatment heals the skin by reducing sensitivity, refining texture and clearing the complexion.

PRIVATE SPA SUITE PERSONALISED RITUAL FOR TWO

Our spa suites are a secluded haven of luxury and tranquility. Our experienced spa hosts will craft a bespoke wellness journey for you and your guest.

Choose from privileged use of your very own sauna, steam bath and hydro-massage bathtub in the Wellness Spa Suite, or explore a unique mix of chromotherapy, music therapy and aromatherapy in the Raxul Spa Suite.

We encourage you to reserve one of our two suites for a minimum of three hours, giving you plenty of time to enjoy two spa rituals of your choice.

Personalised Ritual for Two:

180 min 470€

- 120 minutes of treatment for two
- 60 minutes' use of private heat and water facilities
- Complimentary champagne and fruits

Our recommendation: Select one of our carefully designed rituals. Choose from Purify or Detoxify.

PERSONALISED RITUALS

Our personalised rituals deliver luxurious body and facial rejuvenation supported by results-oriented spa products. These rituals incorporate a skilful combination of exfoliation, wrap, massage or facial treatments that craft the ultimate spa experience.

Purify

120 min 200€

Your journey begins with a personalised exfoliation combining the effective results of a salt scrub with the highest quality essential oil blends that match your mood. This is followed by a purifying facial that uses traditional steam and extraction techniques to stimulate and refresh the skin. The advanced peel-off mask, with a high concentration of minerals and algae, leaves the skin instantly calmed, decongested and silky smooth.

Detoxify

120 min 200€

Be cocooned in an algae body mask, rich in iodine and powerful marine elements, which help purify, energise and reduce inches. Follow this with a lymphatic drainage massage that applies a special blend of lemongrass and peppermint essential oils to effectively release toxins and stimulate circulation. The increased circulation improves drainage and leaves the body feeling light and refreshed.

SPA/CLINIC BY 111SKIN

SPA/CLINIC by 111SKIN was created by cosmetic surgeon Dr Yannis Alexandrides at his leading 111 Harley Street clinic in London. Originally developed to help patients heal after surgery, the 111SKIN collection of skincare products features some of the most advanced skincare formulations available, offering your skin a true fusion of proven clinical results within a luxurious experience for the senses.





FACIAL COLLECTION

Non-Surgical Lift Facial

60 min 175€

Lift · Firm · Tighten

As pioneers in synchronising surgical and non-surgical aesthetic solutions, this facial harnesses the lifting and firming properties of our most intensive clinical treatment collection. Prescribed for mature skin with visible fine lines, deep wrinkles, and sagging from a loss of elasticity.

Meso Infusion Hydration Facial

60 min 125€

Hydrate · Plump · Contour

Moisture-rich, volumising, and deeply hydrating, this facial uses a topical, non-invasive cocktail of actives - the exact replica of the 111SKIN clinical esotherapy solution - layered repeatedly throughout this treatment. Prescribed for very dry and lacklustre complexions, and to improve contour and definition.

Dramatic Healing Facial

60 min 125€

Restore · Revitalise · Repair

Heal and rejuvenate skin with our signature treatment complex. This facial uses our clinical grade Dramatic Healing Serum, engineered with space scientists, for professional use by 111SKIN to elevate the skin's antioxidant production. Prescribed for irritated, dull, sensitive, uneven and inflamed skin types.

Anti-Blemish Facial
Clarify · Calm · Cleanse

60 min 125€

A pioneering facial designed to rebalance and restore the natural dermal equilibrium, this facial has been developed to effectively treat blemish-prone and imbalanced skin. Prescribed for blemish-prone, acne-scarred, oily and combination skin.

Rose Quartz Restorative Facial
Smooth · Sculpt · Soothe

60 min 125€

Smooth · Sculpt · Soothe
A comprehensive facial combining restorative and illuminating properties that is designed to exfoliate tough and tired skin. A facial massage with rose crystal wands will sculpt and contour, leaving a cultivated complexion that appears lit from within.

LUNAR28 Brightening Facial
Brighten · Even · Illuminate

60 min 1.150€
+ 28 days treatment application

A revolutionary 28-day brightening system engineered specifically to deliver extraordinary luminosity, evenness, clarity and softness without the use of laser technology. Laser resurfacing, brightening, and specific treatments for pigmentation and sun damage require a period of recovery. LUNAR28 provides for a prolonged, laser-free, topical solution that achieves comparable results to clinical methods.

BODY COLLECTION

Rose Quartz Restorative Body Treatment

60 min 125€

Soothe · Sculpt · Illuminate

An exquisite, uniquely decadent treatment that cocoons the body and mind in positive energy and luminosity, this body ritual draws upon healing Rose Quartz crystals for balanced energy, as well as gold extract and rose damask extract for true, glowing radiance and shimmering skin.

Meso Hydration Therapy Treatment

60 min 125€

Hydrate · Volumise · Contour

A conditioning full body treatment to restore hydration and smoothe the skin. Combining hyaluronic acid to infuse moisture and intensive massage movements to energise the body, this decadent therapy is ideal for recovery following sun exposure and travel.







L'EXPÉRIENCE ANNE SEMONIN

The Anne Semonin skincare range harnesses the power of essential oils, minerals and active marine ingredients to nurture, nourish and revitalise your skin. "Because each skin is unique", every Anne Semonin programme is customised with a holistic approach to achieve better-looking skin and energise and balance the mind and spirit, providing total relaxation.

FACIAL COLLECTION

Marine Mineral Purifier

90 min 145€

Deep Cleansing · Decongesting · Remineralising

Traditional steam and extraction techniques are combined with the power of marine elements, resulting in a deeply purifying treatment. The advanced Anne Semonin peel-off mask, with a high concentration of minerals and algae, leaves the skin instantly calm, decongested and silky smooth.

Soothing Skin Saviour

60 min 125€

Calming · Hydrating · Restoring

The secret to soothing even the most delicate skin lies in the exquisite blending of minerals and essential essences. Your skin is prepared through gentle cleansing and exfoliation before delighting in the application of a luxurious cream mask. The generous application of the algae and kaolin clay formula smooths and nourishes the skin, revealing a perfectly calm and soothed complexion.

Precious Pearl Ultra Lift

90 min 195€

Anti-aging · Regenerating · Radiance Enhancing

This ultimate wrinkle-fighting facial will restore the skin's lack of firmness and tone leaving the skin and face contours in top condition. This treatment includes a series of comprehensive lifting and drainage massage techniques perfect for those suffering from tight facial muscles and a tired complexion. The ideal remedy for mature lacklustre skin.

Cryo Time Freeze

60 min 125€

Immediate Radiance · Toning · Brightness

A flawless skin brightening experience, this facial uses the age-defying effects of cryotherapy with Express Radiance ice cubes to reinforce the skin's firmness at a cellular level. Complemented by a neuro-cosmetic containing wild indigo, this elegant touch stimulates the release of β -endorphins, flooding the body with a total sense of wellbeing.

Exquisite Miracle Eyes

30 min 65€

Brightening · De-stressing · Refreshing

An exquisite treatment specifically designed for the delicate eye area that brings together a unique combination of contour mask and specialised lymphatic massage, ideal for reducing the signs of ageing and melting away stress. The eye Express Radiance ice cubes diminish puffiness and refresh the eyes. Finally, an application of miracle eye cream completes the total eye care experience.

Our recommendation: for total rejuvenation, add an extra 30-minute back or foot massage.

MASSAGE COLLECTION

Anne Semonin draws inspiration from around the world to offer you a blissful, effective, premium massage experience. Choose from four unique therapies, each brilliantly combining an innovative fusion of massage techniques and oil blends, delivering a treatment that works specifically for you, every time.

Aroma Energiser

Uplifting · Energising · Tension-Releasing

60 min/90 min 115€/145€

Pure Rejuvenation

Protecting · Regenerating · Smoothing

Vital Detox

Detoxifying · Stimulating · Refreshing

Relax & Renew

De-stressing · Unwinding · Restoring

Volcanic Thermal Stones

Relaxing · Warming · Powerful

80 min 145€

Muscles yield to the gentle yet powerful warmth of the black basalt stones, releasing tension and imbuing a total sense of relaxation. The heated stones, infused with centuries of ancient energies, are skillfully combined with the perfect blend of essential essences designed to stimulate the senses and unwind both body and mind.

Thai Massage

90 min 145€

Rejuvenating · Intense · Mindful

Inspired by the spiritual tradition practised by Buddhist monks for over 2,500 years, this treatment applies stretching and intense compression techniques along the body's energy lines. Indulge in true rejuvenation and the healing benefits of this ancient massage, designed to relieve muscle and joint tension and balance body and mind.

Back, Neck & Shoulder Massage

30 min 65€

Tension-Relieving · Relaxing · Blissful

This massage truly helps to dissolve aches and strains. Medium-to-gentle pressing movements allied with the properties of our selected oils will release all your tensions in these areas.

Foot Massage

30 min 65€

Relaxing · Stimulating · Healing

Relax tired feet. Focusing specifically on the feet, this treatment involves manipulation of specific reflex points, which stimulates the body's self-healing process while promoting relaxation and reducing muscular stress.

Our recommendation: add an extra 30-minute body scrub or a 30-minute facial.

BODY COLLECTION

A sumptuous collection of advanced body treatments, carefully selected to address specific needs. Whether revealing a natural glow, toning and firming, or age defence, each treatment is a truly individual journey.

Ultimate Indulgence

120 min 200€

Decadent · Elegant · Serene

Unadulterated pleasure from head to toe! This treatment begins with a full-body exfoliation followed by a tailored full-body massage, with products of your choice. Complete your journey with a skin-specific facial while simultaneously experiencing your choice of a foot or scalp massage. The outcome of this elegantly designed treatment is a flawless complexion and a deep release of stress and tension throughout the entire body.

Silhouette Re-sculptor

90 min 190€

Anti-cellulite · Firming · Toning Action

Discover sea lotus extract, an innovative scientific discovery that holds the secret to smoother skin. A proprietary exfoliation is followed by an inspired combination of Lipoliss gel and stimulating Cryo-Lipoliss massage to target specific areas of fatty tissue. The energising abdominal massage and body-contouring mask further eliminate toxins that contribute to cellulite formation, resulting in smooth and velvety soft skin.

Anti-Fatigue Back Remedy

60 min 125€

Tension Releasing · Restoring · Back Therapy

An exceptional solution created to alleviate tension stored in the back, neck and shoulders and reduce fatigue. The exquisite combination of heat, minerals and oils begins with a generous application of self-heating mineral mud mask to release stiffness, strain and stress in the muscles. This is followed by a bespoke massage with blended oils just right for your needs. Both energising and relaxing, this treatment leaves the whole body with a complete sense of well-being.

Express Body Treatments

30 min 65€

Create your own spa treatment by choosing the suitable wrap or scrub treatment according to your current skin needs. Enjoy a truly individual spa journey.

Hydra-Intense Wrap Experience

Pure Detox Wrap Experience

Nude Scrub

Mineral Scrub

Our recommendation: combine your wrap or scrub with any of our massage or facial collections.

COMFORT ZONE

[comfort zone] products were created by Dr Davide Bollati in Parma, Italy, with the vision to merge science with skincare infused with soul. The high-quality products use natural-origin ingredients that are free from parabens, mineral oils and silicones.





COMFORT ZONE COLLECTION

Aroma Soul Mediterranean Scrub & Massage Ritual

60 min 125€

Inspired by the warmth of the Mediterranean region, this ritual deeply hydrates the skin and caresses the soul. An aromatic scrub gently removes dead skin cells, followed by an Aroma Soul Elements Massage that nourishes the skin and relaxes with a unique blend of Mediterranean aromatherapy oils.

Tranquility™ Body Ritual

60 min 125€

Let us take you on a journey to total relaxation and bliss. A full-body deep tissue massage relaxes muscles and relieves tensions, whilst essential oils of cedarwood and sweet orange calm both mind and body. Your skin is left hydrated and ultra-smooth.

Body Strategist Firming Treatment

60 min 125€

This cooling, hydrating and firming treatment deeply nourishes the skin with antioxidants and minerals, which leaves it exceptionally soft and silky. A cleansing scrub frees the skin from dead skin cells, while a cocooning wrap moisturises. A massage allows the body to fully relax. Especially beneficial after sun exposure and also safe during pregnancy*.

** After medical consultation*

Recover Touch Facial

60 min 125€

Treat yourself to a nourishing antioxidant facial with a boost of vitamins. The skin on your face, neck and décolleté will be nourished, replenished and protected against free radical damage, which makes it ideal after a day in the sun. For all skin types.

Hydra Memory Facial

60 min 125€

Give your skin the time-out that it needs. This hydrating antioxidant facial prevents premature ageing thanks to a special mask application and brush massage. Especially recommended after air travel and frequent exposure to the sun.

BLISSFUL PRENATAL PAMPERING

Nurture your body at this precious time with specially designed therapies to treat muscle aches, reduce fluid and imbue total rejuvenation of the face and body.

All-Natural Pregnancy Facial

60 min 125€

Soothing · Hydrating · Calming

The hormonal effects on the skin during pregnancy can cause dryness, breakouts, increased pigmentation and leave you with a lacklustre complexion. Regain that beautiful pregnancy glow with this hydrating soothing facial. Using an intensive nourishing oil, special attention is paid to relaxing your legs and arms with a gentle massage that relieves aches and pains.

Mother-To-Be Massage

60 min 115€

Nourishing · Rejuvenating · Relaxing

A healing massage during pregnancy is nurturing for both the mother and baby, and it helps to relax the body and mind. This pregnancy-specific massage will melt away fatigue and reveal a radiant you. The treatment involves gentle massage movements to assist blood flow and cushions are used to ensure comfort throughout the session.

Please specify what stage of pregnancy you are at when booking these treatments.



FINISHING TOUCHES HAIR, HAND & FEET CARE

Hair and scalp care treatments for women and men are available at our hair salon and are perfect in combination with your spa treatments. We recommend you book in advance:

Wash & Conditioner	15€
Hair Mask	20€
Wash - Women's Haircut	45€
Wash - Men's Haircut	30€
Wash - Children's Haircut	20€
Blow Dry & Style Short Hair	30€
Blow Dry & Style Medium Hair	35€
Blow Dry & Style Long Hair	40€
Bridal Hair Styling & One Trial In Advance	200€

A traditional manicure and pedicure can be added to your spa services. We recommend you book in advance:

Nail Painting	15€
Spa Manicure	45€
Spa Pedicure	55€
Shellac Manicure	55€
Shellac Pedicure	65€
Shellac Duo	115€
Shellac Removal	20€

DEPILATION

Leg	55€
Half Leg	30€
Bikini	30€
Brazilian	45€
Underarms	20€
Arms	35€
Back	40€
Upper Lip	15€
Eyebrow Shaping	15€





THERAPEUTIC WATER CIRCUITS

Our heat and water facilities, within the Thermal Spa Suite, allow a truly bespoke experience, either as a complement to a treatment journey or as a treatment experience in itself.

Our wide range of world-class facilities incorporates a heated pool for swimming and hydro-movement as well as a vitality pool. The therapeutic circuits combine the pools with our Finnish sauna, Soft Sauna, Mediteranneo and Nimfea reaction showers.

Choose from four tailored therapeutic circuits, each combining bathing sequences with herbal teas for optimum results.

Energise

Uplifting · Energising · De-stressing

60 min 25€

Detox

Detoxifying · Regenerating · Restoring

Weight Balance

Refreshing · Toning · Stimulating

Sound Sleep

Relaxing · Soothing · Unwinding

FITNESS & MOVEMENT

A healthy body requires regular movement. We offer a variety of classes throughout the day that are suitable for all fitness levels - or you can book one-on-one sessions with our fitness specialists.

Personal Fitness Consultation with 3D Scanner

20 min 39€

Start your fitness journey with a private fitness consultation and a full-body scan. Providing the most accurate possible representation of your current physical state, the scan results will help you in setting effective goals and taking the right actions.

Private Fitness & Movement Programmes

Personal training

Book an individual or group personal training. Our experienced fitness instructors will evaluate your lifestyle, health and movement patterns to tailor a comprehensive training programme that will help you reach optimal fitness.

Reax Aqua Fitness

Our functional fitness classes on water challenge you to keep your balance during your workout, activating the deeper layers of your muscles and make the workout more intense and effective than on land.

Reax Aqua Yoga

Our Reax boards become your mat. Follow traditional yoga flows, centre your attention on your breath and keep your calm on an unstable surface. By activating even your deepest muscles, the benefits of your typical yoga poses are naturally elevated.

Reax Aqua Pilates

Take your Pilates workout to the waters and improve your posture, gain muscle strength and tone your entire body. The constant motion of the water relaxes your muscles naturally, making this a perfect low-impact workout.

Yoga

Balance body, mind and spirit in one of our various yoga classes and benefit from greater flexibility, better posture and inner calm.

Pilates

Strengthen your core in a low-impact Pilates class that improves your bodily alignments and helps you become aware of your breath through slow and controlled movements.

Individual	60 min 75€
Couple	60 min 75€
Small group (3 or more)	60 min 25€ (per person)
Group Aqua Reax Classes	60 min 20€ (per person)

Join our group classes on water. Our Reax rafts will challenge your coordination and muscle endurance whilst boosting your workout with a healthy dose of fun (limited to 12 people per class).

Please contact the spa reception to book according to our weekly fitness and motion group schedule.

SPA ETIQUETTE

APPOINTMENTS

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

SPECIAL CONSIDERATIONS

Most treatments can be adapted to accommodate pregnancy or injury. Please contact us with any queries and let us know if you have any medical or health concerns.

TREATMENT PREPARATION

We recommend that you arrive at least 30 minutes prior to your scheduled treatment, allowing time to complete your holistic health assessment, enjoy the facilities, and loosen and relax your muscles. Afterwards, take some time out in the tranquil environment of our spa, allowing the benefits of your treatment to take effect.

SPA ENVIRONMENT

Please refrain from smoking and turn your mobile phone off or to a silent setting while in, or around, the wellness and spa areas. The minimum age for taking a spa treatment is 16 years. Guests under the age of 18 years are required to have parental consent prior to the booking being accepted.

CANCELLATION POLICY

We understand that schedules change and we will do our best to accommodate your needs. Since your spa time is reserved especially for you, we kindly ask you to give a minimum of four hours' cancellation notice so that someone else may enjoy that time. Cancellations made within four hours will be subject to the full charge of the treatment booked.

VALUABLES

We request that you leave your valuables in your room.

OPERATING HOURS

The fitness centre is open from 07.30 - 20.00 hours daily. Please contact our Guest Relations team for access at any time outside of these hours. The spa operates from 10.00 to 20.00 hours daily, with the final booking at 19.00. After-hours spa appointments are subject to availability. Please dial extension 450 to make a reservation.

* Rates are subject to change. All prices are in Euro and inclusive of applicable tax.

DAIOS COVE

LUXURY RESORT & VILLAS