



COMO SHAMBHALA

INSPIRING COMMITMENT
TO LIFELONG WELLNESS

Admission

All COMO Cocoa Island guests aged 16 and older have complimentary use of COMO Shambhala's wellness facilities including the hydrotherapy pool, steam room and fitness centre. For treatment requests for guests between five and 15 years old, please see our COMO Shambhala Wellness reception team for details and reservations.

Reservations

Reservations can be made at the COMO Shambhala Wellness reception or by dialling COMO Shambhala on your in-room telephone. If calling from outside COMO Cocoa Island, you can dial +960 664 1818. We suggest that you schedule your appointments in advance to obtain your preferred time. We always try our best to accommodate requests for individual therapists and specialists based upon their availability.

Hours of Service

COMO Shambhala: 9.00am to 9.00pm

Fitness centre: 24 hours a day

All in-room treatments during opening hours incur an additional charge of US\$75. Should you wish to schedule a treatment outside of our usual hours, please contact the COMO Shambhala Wellness reception team in advance for arrangement. An additional charge of US\$110 applies to appointments made outside of our usual hours.

Arrival

We recommend that you arrive at least 15 minutes prior to your appointment time in order to relax and enjoy our facilities. Arriving late will limit the time of your treatment. For your first visit to COMO Shambhala, you will be asked to complete a brief, confidential consultation card. This is to check for contraindications to any treatments.

Cancellation Policy

Should you wish to cancel an appointment, please let us know at least four hours beforehand or a full cancellation fee will be charged. No-shows will be also charged at the full treatment price.

Valuables

We advise you not to bring any valuables with you. COMO Shambhala accepts no responsibility for the loss of money or valuables of any kind.

Gratuities

In appreciation of outstanding service, gratuities for staff may be left at your discretion. For your convenience, gratuities may be charged directly to your room.

Charges

All services are subject to a 10 per cent service charge and prevailing government taxes.

MASSAGE THERAPY

COMO Shambhala offers carefully curated massage therapies. Our experts are trained in a variety of Asian techniques ranging from the relaxing to the invigorating.

COMO Shambhala Massage

The nurturing COMO Shambhala Massage is our signature massage that uses our signature blended massage oils to completely calm the mind and gently rejuvenate the body. This is an ideal massage for those making a commitment to improve their general wellbeing as it helps to rebalance both body and mind.

75 minutes US\$175

90 minutes US\$205

*Our COMO Shambhala therapists have been trained and are accredited by Wellness for Cancer to work with individuals touched by cancer. Please let us know if you would like a modified treatment.

Deep Tissue Massage

COMO Shambhala's restorative Deep Tissue Massage relaxes the body and allows for the release of deeply held patterns of tension. The techniques used during this treatment all help to increase blood and lymph flow, so muscles can once again operate at full capacity.

75 minutes US\$185

90 minutes US\$220

Indonesian Massage

This authentic Indonesian Massage uses our signature blended oil to help rejuvenate the body. Our experts incorporate both rolling and kneading strokes, providing a good therapeutic workout and inducing deep relaxation.

75 minutes US\$175

90 minutes US\$205

Prenatal Massage

Our Prenatal Massage is a specially designed treatment suitable for all stages of pregnancy after the first trimester, and includes a footbath, full body massage and relaxing facial massage. Pregnancy support cushions are used throughout to ensure total comfort.

75 minutes US\$175

90 minutes US\$205

Thai Massage

Thai Massage unblocks trapped energy and increases vitality. With this type of healing treatment – sometimes known as passive yoga – our expert COMO Shambhala therapists manoeuvre your body into yoga-like stretching positions, applying pressure along the meridians and mobilising joints. No oil is used during this treatment and Thai pyjamas are provided.

75 minutes US\$175

90 minutes US\$205

Taksu Massage

The magical transference of energy between two people who connect is called 'taksu' in Balinese. This is a strong and invigorating treatment that increases blood circulation and helps to relieve tight muscles. As it can also soothe headaches, this treatment is a welcoming antidote for those affected by stress.

75 minutes US\$185

90 minutes US\$220

Indian Head Massage

Beginning in a seated position, our Indian Head Massage helps relieve stress-induced tension in the head, neck and shoulders. A gentle facial massage of the nine Marma facial points is also included.

60 minutes US\$155

75 minutes US\$175

Reflexology

COMO Shambhala therapists use reflexology to help induce deep relaxation. By understanding how the body's organs respond to gentle pressure to reflex points on the feet, our experts can use reflexology to stimulate the body's natural healing processes. This is an especially nurturing treatment after a day's travelling or walking.

60 minutes US\$155

75 minutes US\$175

Manual Lymphatic Drainage

Manual Lymphatic Drainage (MLD) is a type of gentle massage designed to encourage lymph drainage, carrying toxins and waste away from the tissues, aiding the body's natural detoxification process.

60 minutes US\$155

75 minutes US\$175

Hot River Stone Massage

COMO Shambhala's Hot River Stone Massage is a powerful therapeutic treatment that uses smooth, warm oiled stones to promote a profound sense of relaxation. Gliding the stones along the muscles, the massage corrects tensions at the deepest level, addressing deep-held muscular knots. The treatment also involves dynamic stretches.

90 minutes US\$235

BODY THERAPY

Body therapy at COMO Shambhala comprises a range of treatments that help tone, detoxify and revitalise, while providing a relaxing experience with hands-on healing.

COMO Shambhala Bath

Our cleansing COMO Shambhala Bath treatment gently exfoliates and softens the skin, leaving you feeling refreshed and relaxed. After dry brushing your body, our expert therapists will apply COMO Shambhala's Body Scrub, combining the exfoliating benefits of sea salt and sugar with a nut oil base, as well as luxurious shea butter. Once this has been absorbed into the skin, enjoy an invigorating bath, before the session concludes with the long calming strokes of our signature COMO Shambhala Massage
120 minutes US\$280

COMO Shambhala Sun Soother

This soothing face and body treatment is designed specifically for use after excessive sun exposure, nourishing and comforting the skin as well as reducing heat and redness.
60 minutes US\$155
With 30-minute massage US\$205

Rejuvenating Body Treatment

This treatment begins with a Dosha assessment of your body type, inspired by ancient philosophical tradition, to determine individual needs. This is followed by a soothing Abhyanga back massage using warm herbal oil, a purifying exfoliation, and the application of a herbal body mask. The process will be repeated on the front of your body, before concluding with a therapeutic facial and hydrating massage.
90-minute massage US\$240

Marine Algae Therapy Wrap

Our Marine Algae Therapy Wrap contains rich minerals and vitamins to stimulate metabolism and boost circulation. This treatment also includes a gentle massage of the face and head. After a shower, the session finishes with our signature COMO Shambhala Massage.
120 minutes US\$280

FACIAL CARE

COMO Shambhala offers facial care for every skin type, including non-surgical anti-ageing facials. Through targeted treatments tailored to your own skin care needs, we can help your skin feel firmer and smoother, restoring a youthful glow.

SUNDĀRI FACIALS

SUNDĀRI body and skincare products adhere to Ayurvedic principles based on an ancient eastern philosophy. This is combined with the finest quality ingredients from nature, delivering a holistic approach to wellness that results in outer radiance and inner serenity. SUNDĀRI is an essential part of a lifestyle that enables you to achieve harmony and balance in mind and body.

Sundāri Age Defying Firming Facial

The SUNDĀRI Age Defying Firming Facial, using the regenerative properties of Gotu Kola, helps to reclaim your skin's youth. Not only does it feel luxurious, Gotu Kola instantly exfoliates, firms and improves tone and texture.

60 minutes US\$155

Sundāri Intensive Healing Facial

The SUNDĀRI Intensive Healing Facial is suitable for very sensitive skin and utilises the purifying benefits of Neem, known in India as the 'pharmacy tree'. Organic plant extracts are combined with soothing oil to heal, hydrate and firm – restoring balance to sensitive or irritated skin, helping it to regain its youthful glow.

60 minutes US\$155

Sundāri 'Essential Supplifying' Facial

The SUNDĀRI Essential Supplifying Facial breathes new life into dry or stressed skin with a deeply nourishing and intensely hydrating treatment. The treatment will start with a relaxing Abhyanga back massage, followed by application of SUNDĀRI's Omega3+ complex, using naturally active ingredients to restore lost skin lipids. Skin is left softened and renewed, with a natural glow.

90 minutes US\$205

Sundāri Beautiful Eyes

The luxurious SUNDĀRI Beautiful Eyes treatment hydrates and firms the delicate eye area. Assisted by penetrating age-defying formulas, this treatment also soothes puffiness, and hydrates and relieves tired eyes.

30 minutes US\$80

Sundāri Firming Neck Treatment

The SUNDĀRI Firming Neck Treatment helps you reclaim a healthy appearance to the neck and décolletage. First, an active exfoliation with enzymes and bamboo extract reduces roughness, uneven pigment and loose skin. Then an energising mask and massage, utilising the rejuvenating effects of Gotu Kola, leaves skin firm, smooth and restored.

30 minutes US\$80

GUINOT FACIALS

Developed by Jean-Daniel Mondin, a doctor of pharmaceuticals, Guinot is known for producing market-leading results in skincare and facial therapies. Transmitting energy to the skin, the treatments provide effective absorption of the skincare products for quick and noticeable results. Our Guinot-trained therapists can also prescribe skincare regimes tailored to your skin type.

Guinot Aromatic Facial

The GUINOT Aromatic Facial uses the natural healing powers of plant extracts to cleanse and nourish the skin. A gentle nourishing mask and facial massage will leave your skin glowing and revitalised, especially for those with dry and sensitive skin, or after excessive sun exposure.

60 minutes US\$155

Guinot Hydradermie Lift

The GUINOT Hydradermie Lift lifts and firms the skin. The treatment stimulates the small muscles of the face to give a firmer, more radiant appearance, and also promotes oxygenation to revitalise the skin.

60 minutes US\$155

Guinot Hydradermie Plus Treatment

This GUINOT Hydradermie Plus Treatment involves deep cleansing, purification, oxygenation and hydration to leave skin with a healthy glow. Prescriptive gels to suit your specific needs are applied to your skin, before a mild ionised current helps the gel to penetrate through. The GUINOT Hydradermie Plus Treatment also targets the eye and neck areas, with firming and hydrating gels which smooth away the signs of ageing.

90 minutes US\$205

Guinot Hydradermie Lift For The Eyes

The relaxing GUINOT Hydradermie Lift for the Eyes helps to reduce puffiness, dark circles and fine lines around the eye area. A mild muscle-stimulating electric current, with an application of specific GUINOT eye products, make for long-lasting results.

30 minutes US\$80

BEAUTY CARE

Our beauty care treatments are designed to refresh you, leaving you with a renewed sense of confidence.

NAIL

Nourishing treatments for the hands and feet that use soothing massage and gentle scrubs to tidy cuticles and nails.

Essential Manicure

45 minutes Classic Polish US\$60

Essential Pedicure

60 minutes Classic Polish US\$75

WAXING

We offer a range of hair-removal treatments administered by our expert staff.

Full leg

US\$80

Half leg

US\$45

Bikini line

US\$50

Underarm

US\$30

MIND & BODY DISCIPLINE

COMO Shambhala offers a variety of classes and activities, including yoga, Pilates and Physical Activities sessions. In-house guests are welcome to join any of these classes. Our accredited teachers are also available upon request for personal training and private sessions. Please refer to the COMO Shambhala Schedule of Activities or approach our COMO Shambhala Wellness reception team to make your reservation.

Yoga

Yoga has been practiced for over 5,000 years and provides a total workout for both body and mind, incorporating strengthening exercises with breathing and meditation techniques. The benefits are myriad, from increased flexibility and muscle tone, to lowered stress levels and blood pressure.

Private yoga classes are available on request for beginners to experts, helping to develop a practice that can be incorporated into a daily lifestyle, or to enhance your existing yoga commitment. Our yoga expert works closely with you to design a programme for your specific needs.

60 minutes US\$110

60 minutes (couple) US\$125

Additional person at US\$30

Meditation

Discover the healing and relaxing power of an ancient therapeutic tradition with a one-on-one session.

60 minutes US\$110

60 minutes (couple) US\$125

Additional person at US\$30

Family Yoga

This family class incorporates a yoga lesson for two adults and two children over the age of three. Yoga can help improve concentration, stimulate the imagination and release energy in a fun, safe environment. Children will learn about animals, nature and basic anatomy, using animated yoga postures. For teenagers, yoga is a great way to reduce the everyday stress of school, exams and impending adulthood.

60 minutes (2 adults + 2 children) US\$135

Additional person at US\$30

Pranayama

Pranayama is an art that practises breathing control, enabling optimum health and calm by increasing oxygen flow.

60 minutes US\$110

60 minutes (couple) US\$125

Additional person at US\$30

Pranayama and Meditation (Combination)

Learn how to breathe effectively with Pranayama – the art of breath control – which enables optimum health by better supplying the body and its various organs with oxygen. Combine this with meditation, which comes easily in the silent environs of the Estate, for a dual practice that has the power to both invigorate the body and relax the mind.

60 minutes US\$110

60 minutes (couple) US\$125

Additional person at US\$30

Pilates

Pilates is a gentle form of exercise that assists to improve posture, circulation and flexibility by toning muscles and strengthening the core. It also encourages mind-body balance with calming, regular exercises. Private Pilates sessions are available for beginners to experts, using either the mat or Reformer styles to enhance existing practice or give an introduction to the Pilates method of exercise.

60 minutes US\$110

Fitness and Personal Training

Personal training and private fitness sessions are available on request for anyone from beginner to expert level. Our resident fitness instructor works closely with each client to determine specific needs and design a programme best suited to their goals.

60 minutes US\$110

60 minutes (couple) US\$125

HYDROTHERAPY

The therapeutic use of water can be traced back over 6,000 years. Our nervous system reacts to the pressure exerted by moving water, while warm water soothes the body, calming the nerves, heart and lungs, and releases tension in the muscles. Hydrotherapy has been effectively used in the treatment of chronic pain, as well as to aid recovery from surgery and injury.

Joint Mobilising Massage

Our COMO Shambhala Joint Mobilising Massage restores fluidity to joints by stretching muscles to reduce pain and tension.

60 minutes US\$155

Hydrotherapy Circuit Instruction

Hydrotherapy is an excellent way for guests to improve their aerobic conditioning, flexibility and strength. Hydrotherapy exercises especially benefit those who have difficulty exercising on land, or are recuperating from injury, joint problems or surgery. Circuit Instruction sessions, held in the shallow water of our heated Hydrotherapy Pool, can be enjoyed as an individual booking, or for up to six guests.

60 minutes US\$110

60 minutes (couple) US\$125

Additional person at US\$30

MEN'S MENU

Promoting positive wellbeing is an integral part of COMO Shambhala's philosophy. With this goal front of mind, we have curated this treatment menu to support the needs of men. Treatments have been chosen to relieve tension, increase vitality and induce deep relaxation, encouraging a feeling of wellness from within.

MASSAGE THERAPY

COMO Shambhala Massage

The nurturing COMO Shambhala Massage is our signature massage that uses our signature blended massage oils to completely calm the mind and gently rejuvenate the body. This is an ideal massage for those making a commitment to improve their general wellbeing as it helps to rebalance both body and mind.

75 minutes US\$175

90 minutes US\$205

*Our COMO Shambhala therapists have been trained and are accredited by Wellness for Cancer to work with individuals touched by cancer. Please let us know if you would like a modified treatment.

Deep Tissue Massage

COMO Shambhala's restorative Deep Tissue Massage relaxes the body and allows for the release of deeply held patterns of tension. The techniques used during this treatment all help to increase blood and lymph flow, so muscles can once again operate at full capacity.

75 minutes US\$185

90 minutes US\$220

Thai Massage

Thai Massage unblocks trapped energy and increases vitality. With this type of healing treatment – sometimes known as passive yoga – our expert COMO Shambhala therapists manoeuvre your body into yoga-like stretching positions, applying pressure along the meridians and mobilising joints. No oil is used during this treatment and Thai pyjamas are provided.

75 minutes US\$175

90 minutes US\$205

Indonesian Massage

This authentic Indonesian Massage uses our blended massage oils to help rejuvenate the body. Our experts incorporate both rolling and kneading strokes, providing a good therapeutic workout and inducing deep relaxation.

75 minutes US\$175

90 minutes US\$205

Indian Head Massage

Beginning in a seated position, our Indian Head Massage helps relieve stress-induced tension in the head, neck and shoulders. A gentle facial massage of the nine Marma facial points is also included.

60 minutes US\$155

75 minutes US\$175

Reflexology

COMO Shambhala therapists use reflexology to help induce deep relaxation. By understanding how the body's organs respond to gentle pressure to reflex points on the feet, our experts can use reflexology to stimulate the body's natural healing processes. This is an especially nurturing treatment after a day's travelling or walking.

60 minutes US\$155

75 minutes US\$175

BODY CARE

COMO Shambhala Skin Detoxifying Treatment

Our COMO Shambhala Skin Detoxifying Treatment helps to detox and revive tired skin and is designed to improve circulation and skin tone. Using our signature products to exfoliate and moisturise, this therapy stimulates lymph flow to restore a healthy glow. A deep polish using our salt and sugar scrub is followed by a refreshing shower and then completed with the application of our signature moisturising lotion. The invigorating treatment can be enhanced with the addition of an hour-long COMO Shambhala Massage to further stimulate the body's natural detoxifying functions.

60 minutes US\$140

90 minutes (with 30 minutes massage) US\$210

120 minutes (with 60 minutes massage) US\$280

BEAUTY CARE

Sundāri Gentlemen's Facial

The SUNDĀRI Gentlemen's Facial is a targeted face, eye and neck treatment for the unique needs of men's skin, using the healing powers of Neem. The skin is infused with nutrients while an intense enzyme exfoliation firms, soothes and hydrates.

75 minutes US\$175

Nail Care

These nourishing treatments for hands and feet use gentle scrubs and soothing massage while tidying nails and cuticles.

30 minutes Manicure US\$40

30 minutes Pedicure US\$45

KIDS MENU

Positive wellbeing is important at any age. At COMO Shambhala, our goal is to support children and teenagers to live well, think positively and lead active, enriching lives.

All of our treatments and activities, from massage to yoga, have been curated to specifically benefit the younger body and mind. We aim to reduce stress hormone levels, promote rejuvenating sleep, encourage proper posture and create an environment where younger people can find fulfilment away from technology – helping them discover their joyfulness within.

COMO Shambhala Massage for Children

This nurturing massage, using our signature blended massage oil, is aimed at calming excited minds and rejuvenating tired bodies – perfect for children in need of a boost.

30-minute foot or back massage US\$65

45-minute full-body massage US\$95

60-minute full-body massage US\$125

Children's Manicure

This manicure is a soothing treatment for busy hands, beginning with a warm hand soak in aromatic water, followed by a gentle exfoliation. Next, a calming massage will leave hands feeling soft and smooth. For the finishing touch, children can choose their favourite polish colour to add to their manicured fingernails.

30 minutes US\$35

Children's Pedicure

This relaxing pedicure comprises a warm foot soak, a gentle exfoliation and a massage using COMO Shambhala New Skin Oil – a real treat for active feet. Lastly, toenails are filed and painted in your child's favourite colour.

30 minutes US\$45

Cleansing Facial

Specially designed for delicate skin, this treatment provides a light cleanse for young complexions.

30 minutes US\$65

Wellness Path For Young Ones

Young ones can get a taste of COMO Shambhala relaxation with this nurturing wellness path, aimed at relaxing the mind and body. They can choose between a 30-minute back massage, foot massage or facial, before enjoying a mini manicure and pedicure. They can also opt to have their nails painted in their favourite colour.

60 minutes US\$115

With additional 15-minute polish –
75 minutes US\$125

COMO SHAMBHALA PRIVATE SESSIONS FOR CHILDREN

Children's Yoga

30 minutes US\$65

60 minutes US\$88

Family Yoga

30 minutes US\$75

60 minutes US\$135

Children's Mat Pilates

30 minutes US\$65

60 minutes US\$88

Children must be over eight years old to participate in children's Pilates.

Please note, treatments lasting 30 minutes are for children under the age of 10; treatments lasting 45 minutes and above are for children aged 10 and over.

Terms and conditions

- To ensure that children do not have adverse reactions to any products used in the treatment, patch tests of products must be conducted three to four hours ahead of the treatment.
- Guests must be aged between five and 15 years old.
- Treatments will be performed in a designated part of COMO Shambhala Retreat.
- Undergarments or disposable underwear must be worn by the minor guest during all treatments.
- A Minor Guest Client Form must be signed by a parent or guardian prior to the treatment.
- A parent or guardian must be present at all times in the treatment room. If the parent or guardian leaves the room then the treatment will stop. However, the full treatment cost will still be charged.

WELLNESS SPECIALISTS

RAY SUBRATA

Yoga, Pilates and Fitness Instructor

Ray started his journey in the fitness industry over 10 years ago, becoming certified as a personal trainer, then qualifying as both a yoga and Pilates instructor. As an advocate of meditation, yoga and Pilates, he uses these varied modalities as a way to find peace of mind and achieve his personal health goals.

Having worked in a clinical base studio and hospital, Ray has great experience dealing with clients who require rehabilitative sessions. He also assists athletes who want to improve their sport through Pilates or yoga. In one-on-one sessions and group classes, he focuses on how to address imbalances from the physical body and the mind.

60 minutes US\$110

60 minutes (couple) US\$125

Additional (third onwards)

US\$30 per person

