

**Begin 2025 with Balance and Purpose with COMO's Wellness Journeys**  
*Designed to help guests reset, rejuvenate, and enhance overall wellbeing, led by world-class practitioners in stunning destinations*



[COMO Hotels and Resorts](#) is delighted to announce an inspiring series of [COMO Wellness Journeys](#) for early 2025, offering curated retreats that encourage guests to reset, rejuvenate, and enhance overall wellbeing. Guided by world-class practitioners and experts, these one-of-a-kind retreats are expertly crafted to address diverse wellness needs, from chronic pain management to personal growth and mindful relaxation.

**COMO Cocoa Island – [Managing Pain with Kim Kusters](#)**

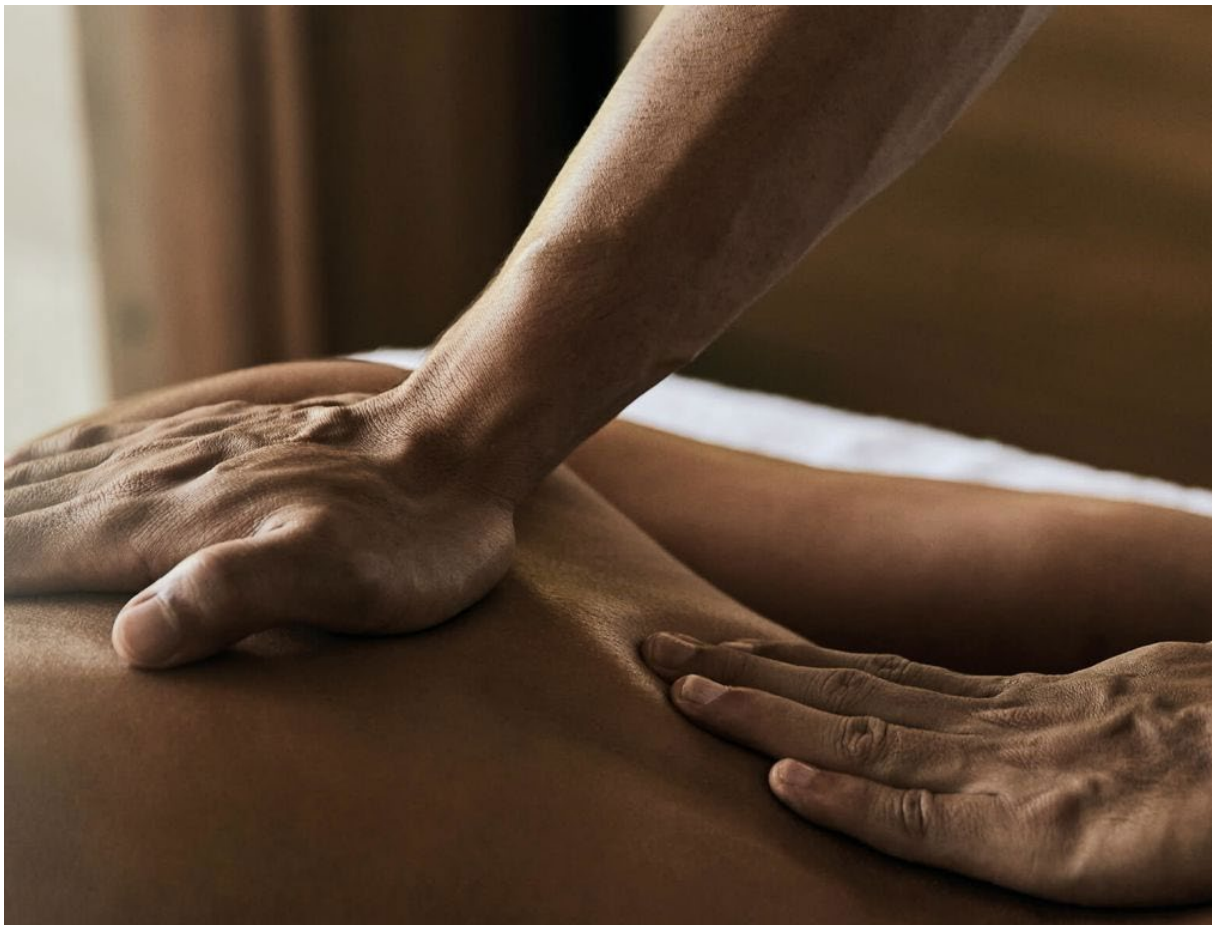
**Dates:** December 22, 2024, to February 22, 2025

Set on the tranquil shores of COMO Cocoa Island in the Maldives, this retreat is designed to help guests manage and alleviate chronic pain through expert-led therapies. Kim Kusters, a renowned specialist in physiotherapies and movement-based techniques, will guide participants in personalised sessions tailored to their specific needs. The program combines therapeutic massage, corrective exercises, and tailored movement classes to release muscle tension, improve mobility, and support overall recovery. Beyond the structured sessions, guests are invited to embrace the restorative ambiance of Cocoa Island, with its white sand beaches, azure waters, and serene environment—perfect for relaxation and rejuvenation.

**COMO Maalifushi – [Holistic Wellbeing with Neri Aziz](#)**

**Dates:** December 15, 2024, to February 15, 2025

Nestled on the serene Maldivian island of COMO Maalifushi, this transformative retreat offers a deeply personalised journey to physical and emotional wellbeing. Led by Neri Aziz, an expert in osteopathy, craniosacral therapy, and pelvic care for women, the program is tailored to address the unique needs of each participant. Through a combination of hands-on therapies, restorative practices and COMO Conversations, the retreat focuses on releasing tension, enhancing mobility, and promoting inner harmony. Women's health takes centre stage, with specialised care designed to nurture and empower. Guests will have the opportunity to work closely with Aziz in personalized consultations, ensuring their experience is tailored to their individual wellness goals.



**COMO Parrot Cay – [Improve Your Posture with Amy Buck](#)**

**Dates:** December 27, 2024, to January 16, 2025

This retreat, led by posture expert Amy Buck, creator of the ALIGN Approach which combines Pilates, clinical somatics, neuromechanics, and fascia release techniques to help participants achieve alignment and improve mobility. Located on the serene private island of Parrot Cay in Turks and Caicos, COMO Parrot Cay offers an unparalleled escape with its secluded beaches, lush landscapes, and luxurious accommodations. Guests will enjoy personalised sessions focused on retraining the nervous system for better posture and overall physical health, enhanced by the island's tranquil atmosphere and COMO's signature approach to holistic wellness.

**COMO Alpina Dolomites – [Breathe Better with Anthony Mullally](#)**

**Dates:** January 12 to 21, 2025

Set against the backdrop of the majestic Dolomites, this retreat focuses on the power of breathwork as a tool for improving athletic performance, reducing stress, and enhancing overall vitality. Anthony Mullally, a former professional rugby player turned breathwork coach, will lead immersive sessions designed to empower participants to unlock the full potential of their breath through interaction sessions, physical training, movement and meditation. Nestled within the luxurious COMO Alpina Dolomites, renowned for its alpine charm, world-class facilities, and panoramic mountain views, this retreat offers the perfect setting for relaxation and personal transformation.



**COMO Point Yamu – [Renewing Your Purpose with Beata Justkowiak](#)**

**Dates:** January 26 to February 3, 2025

Combining gentle movement, psychology-backed workshops, and mindfulness techniques, Beata Justkowiak's retreat encourages personal growth, stress relief, and purposeful living. Guests can choose between an immersive stay with complimentary access to Justkowiak's workshops or à la carte drop-in sessions which can help to improve sleep, manage perfectionism and purposefully plan for the year ahead. Held at COMO Point Yamu, a tranquil haven located in Thailand's serene Phang Nga Bay, known for its striking limestone karsts and crystal-clear waters, the resort's modern design, paired with COMO's renowned wellness offerings provides the perfect backdrop for meaningful transformation and rejuvenation.

**COMO Maalifushi – [Specialist Physiotherapy with Tomislav Uroda](#)**

**Dates:** February 16 to May 10, 2025

Physiotherapy specialist Tomislav Uroda offers tension-relieving treatments alongside fitness coaching and nutrition talks. Guests will leave with an actionable understanding of muscular health and wellness, all while enjoying COMO Maalifushi's unusually expansive facilities on this large private island. Uroda will offer a tailored approach to pain relief, including myofascial release, physiotherapy treatments like assisted stretching, and personalized fitness coaching, with options such as tennis and more. This luxurious island retreat is the first and only resort in this part of the Maldives, offering unparalleled access to vibrant marine life and world-class surf breaks.

**COMO Cocoa Island – [Balance and Harmony with Kimberly Rose](#)**

**Dates:** March 5 to April 27, 2025

Kimberly Rose seamlessly combines traditional therapies like cupping and Qi Gong with modern techniques such as facial rejuvenation acupuncture, all ground-breaking alternatives to invasive clinical treatments. This retreat invites participants to restore balance and harmony, both physically and mentally, whether aiming to improve circulation, reduce muscle stiffness or providing support to health concerns such as insomnia. Set amidst the serene beauty of COMO Cocoa Island—a chic private island in the Maldives known for its barefoot luxury and tranquil ambiance—this experience offers a perfect sanctuary for rejuvenation.

For more information, visit [www.comohotels.com/journeys](http://www.comohotels.com/journeys)

For interviews with many of the wellness practitioners, and other exclusive content, visit [www.comoshambhala.com](http://www.comoshambhala.com)

–ENDS–

**ABOUT THE COMO GROUP**

The COMO Group, headquartered in Singapore, represents Christina Ong's unique vision of contemporary living. The Group encompasses the hospitality collection, COMO Hotels and Resorts, which offers personalised luxury travel experiences through individualised service, a commitment to holistic wellness, and award-winning cuisine. Each hotel is developed in response to the destination it inhabits. The Group also includes the international luxury fashion retailer Club 21, the award-winning wellness concept COMO Shambhala, and the philanthropic COMO Foundation