



COMO  
SHAMBHALA  
COCOA ISLAND

# RELEASE AND REALIGN

WITH JULIAN EYMANN

Embark on a COMO Journey of realignment from October 1st to November 30th 2023 at COMO Cocoa Island, as visiting practitioner Julian Eymann guides you through a series of wellness experiences.

Consisting of various therapies and a conversation where you can learn more about trigger-point therapy, this journey will transform your approach to wellness. Eymann's methods will enable you to free yourself from deep muscle pain, in order to achieve a sense of physical and emotional wellbeing.

## TRIGGER-POINT THERAPY

The fastest and most direct way of identifying and working on very specific points on the body, trigger-point therapy targets areas which were affected by inflammation and helps to uncover areas where tight muscles restrict movement. As part of the therapy, Eymann works through your entire body with rocking motions, moving all major joints, ligaments and tendons.

60 minutes – US\$180

90 minutes – US\$280

## STRUCTURAL REALIGNMENT

This treatment targets every major joint in your body, and aims to help move energy through your body by applying sufficient pressure where it is needed. This will help to realign your joints, and loosen stiff ligaments, helping you to emerge feeling younger, lighter and with better posture than before.

60 minutes – US\$180

90 minutes – US\$280

## DEEP-TISSUE AND SPORTS MASSAGE

This massage uses a combination of treatments that create a unique effect that is both anti-ageing and helps you feel lighter: With firm strokes, tightness around old injuries and in your muscles; as well as stiffness in your joints, are all relieved. This massage also aims to help realign your muscles and connective tissue, helping to reduce risk of future injury.

60 minutes – US\$180

90 minutes – US\$280

## TRIGGER POINT YOGA

From 8.00am to 9.00am every Friday from October 1st to November 30th 2023, there will be a complimentary trigger-point yoga session at the Yoga Pavilion, hosted by Eymann.

All prices are subject to service charge and prevailing government tax.

To book a session with Julian Eymann, please contact COMO Shambhala by dialling 2 on your in-room phone or contact the COMO Shambhala Reception below.

COMO Shambhala at COMO Cocoa Island  
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