



COMO
SHAMBHALA
COCOA ISLAND

THE ART OF LIVING PAIN FREE

WITH VISITING PRACTITIONER KIM KOSTERS



Kim Kusters is a certified physiotherapist from the University of Applied Science in the Netherlands. With over 15 years of experience, she has worked as a medical physiotherapist in private clinics and hospitals across the world, and is constantly upgrading her skills so she can provide her clients with the best possible treatment.

PHYSIOTHERAPY FOR PAIN MANAGEMENT AND PAIN PREVENTION

Long hours hunched over our desks together with busy and stressful lifestyles can cause tension to build up in our body. This can lead to issues such as frequent headaches, neck and back pain. Should these conditions be left untreated, they can develop into chronic conditions that require medication or even surgery to manage.

This physiotherapy session starts with a lifestyle assessment to better understand the root of your pain. The treatment combines massage techniques, posture correction, as well as exercises and stretches to aid in pain management. Kusters will also provide you with tips and exercises that will aid in pain prevention even after you return home.

60 minutes \$190

90 minutes \$280

MYOFASCIAL-RELEASE MASSAGE

This massage focuses on releasing muscle tension throughout your body. Through a combination of deep-tissue massage techniques and myofascial-release techniques, Kusters will help to unravel the knots in your muscles that may be causing pain in your neck, back and shoulders, or other parts of the body. This treatment can target specific areas of the body if needed.

60 minutes \$190

90 minutes \$280

DETOX LYMPHATIC-DRAINAGE THERAPY

A gentle massage stimulates the movement of lymph fluids around the body, which helps to remove water and toxins from the body's tissues. Lymphatic massages can help to reduce swelling and improve circulation throughout the system, helping to boost the immune system.

60 minutes \$190

90 minutes \$280

DESTRESS VAGUS-NERVE ACTIVATION

Chronic stress can activate the sympathetic nervous system and cause physical and mental discomfort and other health issues. To combat this, the treatment teaches you ways to handle stress better and active your vagus nerve, which can help to calm down the nervous system. A combination of massage and breathing techniques help to relax you and stimulate natural healing.

60 minutes \$190

90 minutes \$280

TAKE CONTROL OF YOUR BACK PAIN WORKSHOP

This one-hour workshop will go through the factors that can contribute to back pain, and what you can do to reduce these factors. Easy exercises that can be done at home or at work will help you to manage and reduce future back pain. There are limited spaces available for this workshop, and reservations are required.

60 minutes \$160 per couple

COMPLIMENTARY "BODY IN BALANCE" CLASSES AT THE YOGA PAVILION

Between 8.00am to 9.00am every Friday from December 15th 2023 to February 15th 2024, Kim Kusters will be hosting a complimentary "Body in Balance" class at the Yoga Pavilion.

Combining Pilates and yoga exercises, this class helps to reduce body stiffness and improve your flexibility and stability, while simultaneously strengthening your muscles, and is a great workout to start your day. Guests who want a more personalised treatment can reach out to COMO Shambhala to find out more.

All prices are subject to 10 per cent service charge and prevailing government tax.

To book a session with Kim Kusters, 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

E. csreservations.cci@comohotels.com

T. +960 664 1818