



COMO
SHAMBHALA
COCOA ISLAND

OPTIMISE YOUR HEALTH

WITH VISITING PRACTITIONER MATTEO PASQUALI





From March 21st to May 9th 2024, embark on a wellness journey of restoration with visiting practitioner Matteo Pasquali at COMO Cocoa Island. Using his experience in the study of physiology and anatomy, Pasquali has created his own style of “massoterapia” – a series of specialised treatments that works with the body’s natural physiology and helps the body function optimally.

INTEGRATED REMEDIAL MASSAGE

Help your body recover from injuries, muscular imbalances or from the strain of working out. After an initial consultation to understand your body and needs, the treatment focuses on restoring the range of movement in your joints and improving your overall wellbeing.

75 minutes - US\$240

90 minutes - US\$280

LEG MASSAGE

Pasquali’s treatment targets the leg and foot muscles that are exerted during your outdoor adventures or other activities, reducing swelling and muscle fatigue and leaving your lower limbs feeling lighter and revitalised.

45 minutes - US\$145

60 minutes - US\$190

TRADITIONAL THAI ABDOMINAL CHI MASSAGE

This internal organ massage works on the navel and surrounding abdominal areas where stress and tension can accumulate. This helps to promote a number of benefits, including improving digestion, soothing bloating and aiding in the relief of constipation. We recommend a course of three treatments for enhanced benefits.

45 minutes - US\$145

60 minutes - US\$190

TRADITIONAL THAI MASSAGE

Also known as Nuad Thai or Thai yoga massage, this therapeutic practice combines acupressure, assisted yoga poses, and passive stretching. By applying pressure to specific points along the body, this massage helps to release tension, improve flexibility, and promote overall wellbeing. This invigorating massage helps to restore balance to your body’s energy flow. It is typically performed on a floor mat, and comfortable clothing is advised..

75 minutes - US\$240

90 minutes - US\$280

PLANTAR REFLEXOLOGY

By applying firm pressure to reflex points on your feet, this treatment is designed to help your body regain its balance and relax. This treatment has been used to help clients with a range of ailments, including digestive problems, poor circulation, migraines and stress.

45 minutes - US\$145

60 minutes - US\$190

ASSISTED STRETCHING

Increase your flexibility and range of motion while reducing muscle tension and loosening stiff muscles.

45 minutes - US\$145

60 minutes - US\$190

All prices are subject to 10 per cent service charge and prevailing government tax. To book a session with Matteo Pasquali, please contact COMO Shambhala by dialling “2” on your in-room phone or contact the COMO Shambhala Reception below.

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