



COMO  
SHAMBHALA  
COCOA ISLAND

## OPTIMISE YOUR HEALTH

WITH VISITING PRACTITIONER MATTEO PASQUALI





From March 21st to May 2nd 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*

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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 COMO Shambhala Reception below.

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