



COMO
SHAMBHALA
COCOA ISLAND

COMO WELLNESS JOURNEY: RESET YOUR BODY

WITH VISITING PRACTITIONER MATTEO PASQUALI





February 26th to May 3rd 2026 – Embark on a journey of restoration and rebalancing at COMO Cocoa Island with visiting practitioner Matteo Pasquali.

Using his extensive experience in the fields of physiology and anatomy, Pasquali delivers a range of wellness treatments designed to improve the body's natural functionality, from aiding recovery from muscle strain and injury, to increasing joint mobility and eliminating stored stress.

INTEGRATED REMEDIAL MASSAGE

Aid the body's recovery from injuries, muscular imbalances or the strain of working out.

75 minutes – US\$270. 90 minutes – US\$320

ASSISTED STRETCHING

Increase your flexibility while reducing muscle tension and loosening stiff muscles through passive stretching.

45 minutes – US\$145. 60 minutes – US\$190

ABDOMINAL RELEASE AND DETOX MASSAGE

This massage focusses on the abdomen to reduce stored stress, aid digestion and encourage the natural detoxification process.

60minutes – US\$220. 75 minutes – US\$270

TRIGGER POINT AND MYOFASCIAL RELEASE MASSAGE

Targeted therapy to ease deep tension and restore mobility. Using precise techniques to release knots and adhesions, this treatment enhances circulation, flexibility, and alignment — ideal for persistent muscular discomfort.

75 minutes – US\$270. 90 minutes – US\$320

MERIDIAN THAI MASSAGE

Based on the ancient principle of balancing one's energy flow, this treatment helps you maintain lasting equilibrium and balances one's energy flow.

75 minutes – US\$270. 90 minutes – US\$320

PLANTAR REFLEXOLOGY

By applying firm pressure to reflex points on your feet, this treatment helps you regain balance and relax.

45 minutes – US\$160. 60 minutes – US\$220

FOUR PILLARS METHOD

Pasquali's own method considers the body's structures in relation to one another, eliminating stress and resetting body and mind.

- Four 75-minute treatments (abdomen, hips to legs, back, neck and shoulders) – US\$970
- Three 75-minute treatments (hips to legs, back, neck and shoulders) – US\$730
- Two 90-minute treatments (hips/ hips and legs, shoulders and neck) – US\$575

All prices are subject to 10 per cent service charge and prevailing government tax. Advance booking is recommended.

To book a session with Matteo Pasquali, please contact COMO Shambhala by dialling 2 on your in-room phone or contact the COMO Shambhala Cocoa Island below.
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