



## WELLNESS RITUALS

Our Wellness Rituals combine insights from experts, nutritious meals, relaxing treatments and access to our state-of-the-art facilities. Each Ritual takes place across a day or half day in the nurturing surrounds of COMO Shambhala Retreat. Simply choose one that suits you best.

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### **Find Harmony**

Enjoy a rejuvenating, relaxing day at COMO Shambhala Retreat. This Ritual includes a 30/60/90-minute face or body treatment, a COMO Shambhala lunch at Pavilion and access to our thermal suites.

Find Harmony with a 30-minute treatment: EUR 170

Find Harmony with a 60-minute treatment: EUR 240

Find Harmony with a 90-minute treatment: EUR 310

Monday to Sunday, 9.00am to 2.00pm

### **Feel Invigorated**

Enjoy treatments, fitness and nutritious Kitchen with this indulgent Ritual at COMO Shambhala Retreat. This experience includes a 60-minute massage, a COMO Shambhala meal at Pavilion, a COMO Shambhala Invigorate balm and access to our thermal suites, gym, yoga studio.

Morning (9.00am to 12.30pm): EUR 225

Afternoon (12.30pm to 4.30pm): EUR 260

Evening (4.30pm to 8.00pm): EUR 290

Monday to Sunday

### **Wedding Day Glow**

Get that radiant, healthy wedding day look with thorough relaxation at our COMO Shambhala Retreat. This Ritual includes a 30-minute facial treatment, a 30-minute body treatment, a COMO Shambhala lunch at Pavilion and access to our thermal suites. Manicures and pedicures are available as optional extras.

Monday to Sunday, 9.00am to 2.00pm | EUR 240

### **Motherhood**

Ideal for mums-to-be or breastfeeding new mothers, this experience is designed to rejuvenate and relax, leaving you with more energy for your little ones. This package includes a 30-minute foot massage, a 30-minute facial treatment, a 30-minute manicure, a COMO Shambhala Botanical Mocktail.

Monday to Sunday | EUR 240



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**Terms and conditions:**

- A COMO Shambhala kit - a robe, towels and slippers - is provided for use during all Wellness Rituals
- Check-ins at the COMO Shambhala reception are required at least 45 minutes prior to your first appointment.
- Guests must be a minimum age of 18 years old to use these packages independently;  
16 year olds may use these packages if accompanied by an adult
- Cancellations made within 24 hours of the package start time will incur a 100 per cent charge.
- These packages are also available to purchase with our COMO E-Gift Voucher.

We recommend booking your Wellness Rituals in advance to ensure your preferred schedule and package is available. To do so, please provide the COMO Shambhala reception (Monday to Sunday, 9.00am to 8.00pm) with your credit card details and contact information.

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