



COMO  
SHAMBHALA

WELLNESS BEGINS  
WITHIN

INSPIRING COMMITMENT  
TO LIFELONG WELLNESS

**Admission**

All COMO Metropolitan Bangkok guests aged 16 and older have complimentary use of COMO Shambhala's wellness facilities including the fitness centre, locker room, steam room and Jacuzzi. For treatment requests for guests under the age of 16 years, please see our COMO Shambhala Wellness reception team for details and reservations.

**Reservations**

Reservations can be made at the COMO Shambhala Wellness reception or by dialling extension 3355 or 3356 on your in-room telephone. If calling from outside COMO Metropolitan Bangkok, you can dial +66 (0)2 625 3355. We suggest that you schedule your appointments in advance to obtain your preferred time. We always try our best to accommodate requests for individual therapists and specialists based upon their availability.

**Hours Of Service**

COMO Shambhala: 9.00am – 9.00pm

All in-room treatments during opening hours incur an additional charge of THB 1,200. Should you wish to schedule a treatment outside of our usual hours, please contact the COMO Shambhala Wellness reception team in advance for arrangement. An additional charge of THB 2,200 applies to appointments made outside of our usual hours.

**Arrival**

We recommend that you arrive at least 15 minutes prior to your appointment time in order to relax and enjoy our facilities. Arriving late will limit the time of your treatment. For your first visit to COMO Shambhala, you will be asked to complete a brief, confidential client form. This is to check for contraindications to any treatments.

**Cancellation Policy**

Should you wish to cancel an appointment, please let us know at least four hours beforehand or a 50 per cent cancellation fee will be charged. No-shows will be also charged at the full treatment price.

**Valuables**

Whilst locker facilities are provided, we advise you not to bring any valuables during your visit. COMO Metropolitan Bangkok accepts no responsibility for the loss of money or valuables of any kind.

**Gratuities**

In appreciation of outstanding service, gratuities for staff may be left at your discretion. For your convenience, gratuities may be charged directly to your room.

**Charges**

All services are subject to 10 per cent service charge and seven per cent value-added tax.

**Gift Certificates**

Gift an indulgent wellness experience at COMO Shambhala. Choose from the complete menu of available wellness treatments, or give the gift of choice and purchase a gift certificate.

## MASSAGE THERAPY

COMO Shambhala offers carefully curated massage therapies. Our experts are trained in a variety of Asian techniques ranging from the relaxing to the invigorating.

---

### **COMO Shambhala Massage**

The nurturing COMO Shambhala Massage is our signature massage that uses our blended massage oils to completely calm the mind and gently rejuvenate the body. This is an ideal massage for those making a commitment to improve their general wellbeing as it helps to rebalance both body and mind.

60 minutes THB 2,400

90 minutes THB 3,600

### **Deep Tissue Massage**

COMO Shambhala's restorative Deep Tissue Massage relaxes the body and allows for the release of deeply held patterns of tension. The techniques used during this treatment all help to increase blood and lymph flow, so muscles can once again operate at full capacity.

60 minutes THB 2,800

90 minutes THB 4,000

### **Prenatal Massage**

Our Prenatal Massage is a specially designed treatment for all stages of pregnancy after the first trimester. It includes a footbath, full body massage and relaxing facial massage. Pregnancy support cushions are used throughout to ensure total comfort.

75 minutes THB 3,000

90 minutes THB 3,600

### **Thai Massage**

Thai Massage assists in unblocking trapped energy and improves vitality. With this type of healing treatment – sometimes known as passive yoga – our expert COMO Shambhala therapists manoeuvre your body into yoga-like stretching positions, applying pressure along the meridians and mobilising joints. No oil is used during this treatment and Thai pyjamas are provided.

60 minutes THB 2,200

90 minutes THB 2,900

### **Foot Acupressure Massage**

By understanding how the body's organs respond to gentle pressure on the feet, our COMO Shambhala therapists can use thumb acupressure and massage to help stimulate the body's natural recovery process. This in turn helps to induce deep relaxation – an especially nurturing treatment after a day's travelling or walking.

60 minutes THB 2,200

### **Couple Massage Workshop**

A private couple's massage class, teaching you the skills you need to benefit from this centuries-old healing tradition at home.

Our massage therapist will teach you both chair-based and massage bed techniques, explaining the anatomy of the back and the key areas to target. You will be shown each massage sequence in detail, before getting the opportunity to practice on each other. A back muscle anatomy card for you to make notes and refer to after the experience.

75 minutes THB 6,500

All services are subject to 10 per cent service charge and seven per cent value-added tax.

For more on COMO Shambhala's vision and our other wellness centres worldwide, please visit [comoshambhala.com](http://comoshambhala.com)

## BODY THERAPY

Body therapy at COMO Shambhala comprises a range of treatments that help tone, detoxify and revitalise, while providing a relaxing experience with hands-on healing.

---

### **COMO Shambhala Bath**

Our cleansing COMO Shambhala Bath treatment gently exfoliates and softens the skin, leaving you feeling refreshed and relaxed. After dry brushing your body, our expert therapists will apply COMO Shambhala's Body Scrub, combining the exfoliating benefits of sea salt and sugar with a nut oil base, as well as luxurious shea butter. Once this has been absorbed into the skin, enjoy an invigorating bath, before the session concludes with the long calming strokes of our signature COMO Shambhala Massage.

120 minutes THB 4,600

### **COMO Shambhala Skin Detoxifying Treatment**

Our COMO Shambhala Skin Detoxifying Treatment helps to detox and revive tired skin, and is designed to improve circulation and skin tone. Using our signature products to exfoliate and moisturise, this therapy stimulates lymph flow to restore a healthy glow. A polish using our salt and sugar scrub is followed by a refreshing shower and then completed with the application of our signature moisturising lotion. The invigorating treatment can be enhanced with the addition of COMO Shambhala Massage to further stimulate the body's natural detoxifying functions.

60 minutes THB 2,500

90 minutes (with 30 minutes massage)  
THB 3,750

120 minutes (with 60 minutes massage)  
THB 4,600

### **Traditional Thai Herbal Treatment**

Our COMO Shambhala full-body Thai Herbal Treatment uses warm poultices of traditional Thai herbs and essential oils to help soothe tired muscles. This is followed by a traditional Thai Massage, where the deep-stretch, oil-free technique helps to further aid relaxation. Finish with a healthy COMO Shambhala Juice at glow.

120 minutes THB 4,400

All services are subject to 10 per cent service charge and seven per cent value-added tax.

For more on COMO Shambhala's vision and our other wellness centres worldwide, please visit [comoshambhala.com](http://comoshambhala.com)

## FACIAL CARE

COMO Shambhala offers facial care for every skin type, including non-surgical anti-ageing facials. Through targeted treatments tailored to your own skin care needs, we can help your skin feel firmer and smoother, restoring a youthful glow.

---

### **GUINOT FACIAL**

Developed by Jean-Daniel Mondin, a doctor of pharmaceuticals, Guinot is known for producing market-leading results in skincare and facial therapies. Transmitting energy to the skin, the treatments provide effective absorption of the skincare products for quick and noticeable results. Our Guinot-trained therapists can also prescribe skincare regimes tailored to your skin type.

#### **Guinot Hydradermie Treatment**

The Guinot Hydradermie Treatment is Guinot's signature hydration programme. It helps to induce a glowing complexion using prescriptive gels that are chosen to suit your skin's specific needs. Aided by mild ionised currents, the gels penetrate through and assist with restoring the skin's natural radiance. Active ingredients also work to hydrate the skin and improve its suppleness.

60 minutes THB 2,800

#### **Guinot Hydradermie Deluxe Treatment**

The Guinot Hydradermie Deluxe Treatment involves deep cleansing, purification, oxygenation and maximum hydration to leave skin with a healthy glow. Prescriptive gels are chosen to suit your skin's specific needs. Aided by mild ionised currents, the gels penetrate the skin and assist with restoring its natural radiance. This Guinot Hydradermie Deluxe Treatment also targets the eye and neck areas with firming and hydrating gels to smooth away the signs of ageing. This treatment builds upon the foundations of the Guinot Hydradermie Plus Treatment, offering a longer, more intensive experience.

90 minutes THB 3,700

#### **Guinot Hydradermie Lift**

The Guinot Hydradermie Lift lifts and firms the skin. The treatment stimulates the small muscles of the face to give a firmer, more radiant appearance, and also promotes oxygenation to revitalise the skin.

60 minutes THB 3,000

#### **Guinot Hydradermie Lift For The Eyes**

The relaxing Guinot Hydradermie Lift for the Eyes helps to reduce puffiness, dark circles and fine lines around the eye area. A mild muscle-stimulating electric current, and application of specific Guinot eye products, make for long-lasting results.

45 minutes THB 2,200

#### **Guinot Aromatic Facial**

The Guinot Aromatic Facial uses the natural healing powers of plant extracts to cleanse and nourish the skin. A gentle nourishing mask and facial massage will leave your skin glowing and revitalized, especially for those with dry and sensitive skin, or after excessive sun exposure.

60 minutes THB 2,500

#### **Guinot Lift Summum**

A firming treatment that immediately reduces signs of fatigue and aging, focusing on the face, neck and décollege. The unique stimulating massage visibly lifts and firms while the active ingredient, Collagen XVIII helps improve elasticity. The Anti-Wrinkle Eraser diminishes the appearance of wrinkles, whilst the unique specific face and décollege masks restore a youthful appearance.

60 minutes THB 3,500

All services are subject to 10 per cent service charge and seven per cent value-added tax.

For more on COMO Shambhala's vision and our other wellness centres worldwide, please visit [comoshambhala.com](http://comoshambhala.com)

## BEAUTY CARE

Our beauty care treatments are designed to refresh you, leaving you with a renewed sense of confidence.

---

### **WAXING**

We offer a range of hair-removal treatments administered by our expert staff, each one designed to leave skin feeling soft and smooth.

#### **Full leg**

THB 2,500

#### **Half leg**

THB 1,500

#### **Underarm**

THB 1,000

#### **Back**

THB 2,500

#### **Chest**

THB 1,500

#### **Bikini Line**

THB 1,200

### **NAIL CARE**

Nourishing treatments for hands and feet that use soothing massage and gentle scrubs to tidy cuticles and nails.

#### **Essential Manicure**

A lasting manicure in the colour of your choice.

45 minutes THB 850

#### **Essential Pedicure**

A lasting pedicure in the colour of your choice.

60 minutes THB 950

#### **Gel Polish Removal**

30 minutes THB 400

All services are subject to 10 per cent service charge and seven per cent value-added tax.

For more on COMO Shambhala's vision and our other wellness centres worldwide, please visit [comoshambhala.com](http://comoshambhala.com)

## MIND & BODY DISCIPLINE

COMO Shambhala offers a variety of classes and activities, including yoga and Physical Activities sessions. In-house guests are welcome to join any of these classes. Our accredited teachers are also available upon request for personal training and private sessions. Please refer to the COMO Shambhala Schedule of Activities or approach our COMO Shambhala Wellness reception team to make your reservation.

---

### **Yoga**

Yoga has been practiced for over 5,000 years. It provides a total workout for both body and mind, incorporating strengthening exercises with breathing and meditation techniques. The benefits are myriad, from increased flexibility and muscle tone, to lowered stress levels and blood pressure. Private yoga classes are available on request for beginners to experts, helping to develop a practice that can be incorporated into a daily lifestyle, or to enhance your existing yoga commitment. Our yoga expert works closely with you to design a program for your specific needs.

60 minutes THB 2,400

60 minutes (couple) THB 3,600

Additional (third onwards)  
THB 900 per person

### **Family Yoga**

This family class incorporates a yoga lesson for two adults and two children over the age of five. Yoga can help improve concentration, stimulate the imagination and release energy in a fun, safe environment. Children will learn about animals, nature and basic anatomy, using animated yoga postures. For teenagers, yoga is a great way to reduce the everyday stress of school, exams and impending adulthood.

60 minutes (two adults + two children with age from five years old) THB 3,200

### **Fitness and Personal Training**

Personal training and private fitness sessions are available on request for anyone from beginner to expert level. Our resident fitness instructor works closely with each client to determine specific needs and design a programme best suited to their goals.

60 minutes THB 1,800

Additional (up to five) THB 900 per person

Additional (up to 10) THB 500 per person

### **Assisted Stretch**

This private assisted stretching session is the ideal way to end a run or gym workout. This one-on-one session works with targeted areas of the body, helping overcome general muscle tightness and increasing flexibility. A stretch session is best received after a workout or when muscles are warmed up.

30 minutes THB 1,200

All services are subject to 10 per cent service charge and seven per cent value-added tax.

For more on COMO Shambhala's vision and our other wellness centres worldwide, please visit [comoshambhala.com](http://comoshambhala.com)

## MEN'S MENU

Promoting positive wellbeing is an integral part of COMO Shambhala's philosophy. With this goal front of mind, we have curated this treatment menu to support the needs of men. Treatments have been chosen to relieve tension, increase vitality and induce deep relaxation, encouraging a feeling of wellness from within.

---

### MASSAGE THERAPY

#### COMO Shambhala Massage

The nurturing COMO Shambhala Massage is our signature massage that uses our blended massage oils to completely calm the mind and gently rejuvenate the body. This is an ideal massage for those making a commitment to improve their general wellbeing as it helps to rebalance both body and mind.

60 minutes THB 2,400

90 minutes THB 3,600

#### Deep Tissue Massage

COMO Shambhala's restorative Deep Tissue Massage relaxes the body and allows for the release of deeply held patterns of tension. The techniques used during this treatment all help to increase blood and lymph flow, so muscles can once again operate at full capacity.

60 minutes THB 2,800

90 minutes THB 4,000

#### Thai Massage

Thai Massage assists in unblocking trapped energy and improves vitality. With this type of healing treatment – sometimes known as passive yoga – our expert COMO Shambhala therapists manoeuvre your body into yoga-like stretching positions, applying pressure along the meridians and mobilising joints. No oil is used during this treatment and Thai pyjamas are provided.

60 minutes THB 2,200

90 minutes THB 2,900

#### Head, Shoulder and Back Massage

30 minutes THB 1,300

60 minutes THB 2,400

#### Foot Acupressure Massage

By understanding how the body's organs respond to gentle pressure on the feet, our COMO Shambhala therapists can use thumb acupressure and massage to help stimulate the body's natural recovery process. This in turn helps to induce deep relaxation – an especially nurturing treatment after a day's travelling or walking.

30 minutes THB 1,100

60 minutes THB 2,200

All services are subject to 10 per cent service charge and seven per cent value-added tax.

For more on COMO Shambhala's vision and our other wellness centres worldwide, please visit [comoshambhala.com](http://comoshambhala.com)

## **BODY THERAPY**

### **COMO Shambhala Skin Detoxifying Treatment**

Our COMO Shambhala Skin Detoxifying Treatment helps to detox and revive tired skin, and is designed to improve circulation and skin tone. Using our signature products to exfoliate and moisturise, this therapy stimulates lymph flow to restore a healthy glow. A polish using our salt and sugar scrub is followed by a refreshing shower and then completed with the application of our signature moisturising lotion. The invigorating treatment can be enhanced with the addition of COMO Shambhala Massage to further stimulate the body's natural detoxifying functions.

60 minutes THB 2,500

## **FACIAL CARE**

### **Tres' Homme Hydradermie Treatment**

The Très Homme Hydradermie Treatment is a good introductory facial, featuring Guinot's signature hydration process. Prescriptive gels are chosen to suit your skin's specific needs. Aided by mild ionised currents, the gels penetrate through and assist with restoring the skin's natural radiance. Active ingredients also work to hydrate the skin and improve its suppleness.

60 minutes THB 2,800

## **The Complete Man**

This is the ideal treatment experience for men to relieve tension and invigorate the senses. The 90-minute session begins with a back, neck and shoulder massage to alleviate the tension commonly stored in these areas. Then, a 30-minute rehydrating facial to deep cleanse the skin. The treatment finishes with a quick nail tidying. For an extended, 120-minute session, the massage will target the body's deeper tissues for more intense relief.

90 minutes THB 4,200

120 minutes THB 4,700

## **NAIL CARE**

**Nourishing treatments for hands and feet that use soothing massage and gentle scrubs to tidy cuticles and nails.**

### **Manicure**

This 30-minute manicure provides a soothing treatment for busy hands. It begins with a warm hand soak in aromatic water, followed by a gentle exfoliation and a nail and cuticle tidy. Next, a calming massage will leave hands feeling soft and smooth.

30 minutes THB 500

### **Pedicure**

This relaxing 30-minute pedicure comprises a warm foot soak, a gentle exfoliation and a massage using COMO Shambhala blended massage oil – a real treat for active feet. The treatment also includes a nail and cuticle tidy.

30 minutes THB 550

All services are subject to 10 per cent service charge and seven per cent value-added tax.

For more on COMO Shambhala's vision and our other wellness centres worldwide, please visit [comoshambhala.com](http://comoshambhala.com)

## KIDS MENU

Wellbeing is important at any age. At COMO Shambhala, our goal is to support children and teenagers to live well, think positively and lead active, enriching lives.

All of our treatments and activities, from massage to yoga, have been curated to specifically benefit the younger body and mind. We aim to reduce stress hormone levels, promote rejuvenating sleep, encourage proper posture and create an environment where younger people can find fulfilment away from technology – helping them discover their joyfulness within.

---

### **COMO Shambhala Massage For Children**

This nurturing massage, using our signature blended massage oil, is aimed at calming excited minds and rejuvenating tired bodies – perfect for children in need of a boost.

30 minutes Foot or Back

Massage THB 1,000

45 minutes Full-body Massage THB 1,250

60 minutes Full-body Massage THB 1,450

### **Cleansing Facial**

Specially designed for delicate skin, this treatment provides a light cleanse for young complexions.

30 minutes THB 1,000

### **Children Manicure**

This manicure is a soothing treatment for busy hands, beginning with a warm hand soak in aromatic water, followed by a gentle exfoliation. Next, a calming massage will leave hands feeling soft and smooth. For the finishing touch, children can choose their favourite polish colour to add to their manicured fingernails.

30 minutes THB 250

### **Children Pedicure**

This relaxing pedicure comprises a warm foot soak, a gentle exfoliation and a massage using COMO Shambhala New Skin Oil – a real treat for active feet. Lastly, toenails are filed and painted in your child's favourite colour.

30 minutes THB 400

### **Wellness Path For Young Ones**

Young ones can get a taste of COMO Shambhala relaxation with this nurturing wellness path, aimed at relaxing the mind and body. They can choose between a 30-minute back massage, foot massage or facial, before enjoying a mini manicure and pedicure. They can also opt to have their nails painted in their favourite colour.

60 minutes THB 1,400

75 minutes THB 1,650

All services are subject to 10 per cent service charge and seven per cent value-added tax.

For more on COMO Shambhala's vision and our other wellness centres worldwide, please visit [comoshambhala.com](http://comoshambhala.com)

# COMO SHAMBHALA PRIVATE SESSIONS FOR CHILDREN

---

## Children's Yoga

30 minutes THB 1,000

60 minutes THB 1,950

## Family Yoga

60 minutes (two adults + two children aged five or older) THB 3,200

---

Please note, treatments lasting 30 minutes are for children under the age of 10; treatments lasting 45 minutes and above are for children aged 10 and over.

### Terms and conditions

- To ensure that children do not have adverse reactions to any products used in the treatment, patch tests of products must be conducted three to four hours ahead of the treatment
- Guests must be aged between five and 15 years old
- Treatments will be performed in a designated part of COMO Shambhala Urban Escape
- Undergarments or disposable underwear must be worn by the minor guest during all treatments
- A Minor Guest Client Form must be signed by a parent or guardian prior to the treatment
- A parent or guardian must be present at all times in the treatment room. If the parent or guardian leaves the room, the treatment will stop (this will not affect the treatment being charged in full)

All services are subject to 10 per cent service charge and seven per cent value-added tax.

For more on COMO Shambhala's vision and our other wellness centres worldwide, please visit [comoshambhala.com](http://comoshambhala.com)

## EXPRESS MENU

At COMO Shambhala, we understand that time is precious especially as we try to balance our commitments to work, family and friends. That is why we created this menu, featuring treatments that can be completed in 30 minutes or less for guests who are pressed for time. Each has been carefully honed to provide the best results in the shortest time possible.

Should you have a little more time, we recommend you turn back to our full-length menu where you can try each treatment as it was originally designed. Otherwise, read on and discover how powerful 30 minutes can be for your wellbeing.

---

### MASSAGES

Each of our 30-minute massages help to relieve immediate tension and calm your busy mind with the use of our nurturing COMO Shambhala signature blended massage oils.

#### Back, Shoulder and Neck Massage

30 minutes THB 1,300

#### Hand, Arm and Shoulder Massage

30 minutes THB 1,300

#### Head, Neck and Shoulder Massage

30 minutes THB 1,300

#### Foot Acupressure Massage

30 minutes THB 1,100

### COMO Shambhala Body Scrub

This 30-minute body polish will leave skin feeling firmer, softer and revitalised.

The treatment uses our salt and sugar scrub to exfoliate dull skin cells, followed by a refreshing shower and the application of our signature COMO Shambhala Invigorate moisturising lotion.

30 minutes THB 1,250

### FACIALS

Our rejuvenating 30-minute facials are designed to give maximum results in minimum time, well-suited for those looking for a quick refresher. Our facials are suitable for all skin types, leaving you with a healthier, more radiant complexion.

#### Guinot Facial

30 minutes THB 1,500

### TARGETED TREATMENTS

#### Guinot Hydradermie Lift for the Eyes

30 minutes THB 2,200

All services are subject to 10 per cent service charge and seven per cent value-added tax.

For more on COMO Shambhala's vision and our other wellness centres worldwide, please visit [comoshambhala.com](http://comoshambhala.com)

## **NAIL CARE**

### **Manicure**

This 30-minute manicure provides a soothing treatment for busy hands. It begins with a warm hand soak in aromatic water, followed by a gentle exfoliation and a nail and cuticle tidy. Next, a calming massage will leave hands feeling soft and smooth. Should you wish to add nail polish, the treatment will take an additional 15 minutes.

30 minutes THB 500

45 minutes (includes nail polish) THB 850

### **Pedicure**

This relaxing 30-minute pedicure comprises a warm foot soak, a gentle exfoliation and a massage using COMO Shambhala blended massage oil – a real treat for active feet. The treatment also includes a nail and cuticle tidy. Should you wish to add nail polish, the treatment will take an additional 15 minutes.

30 minutes THB 550

45 minutes (includes nail polish) THB 900

### **Manicure and Pedicure**

This quick tidy up – just 30 minutes – gives your hands and feet a quick but effective nail and cuticle tidy.

30 minutes THB 550

## **MIND-BODY DISCIPLINES**

### **Assisted Stretch**

This 30-minute private assisted stretching session is the ideal way to finish a run or gym workout, easing general muscle tightness and increasing flexibility.

30 minutes THB 1,200

## WELLNESS SPECIALISTS

---

### **JUTHARAT WONGWIWATWAITAYA (KHUN PEAR)**

#### **Yoga Teacher**

Khun Pear is a yoga instructor who started practising as an antidote to her own manic lifestyle almost two decades ago. Formerly a graphic designer working in the media industry, she found mat sessions to be energising and they changed her lifestyle for the better.

Having studied with various renowned teachers, Khun Pear, has also travelled to Mysore, India, to practice and learn from others. Although her own journey began with vinyasa and hot vinyasa styles, she now is drawn to ashtanga yoga, with its incomparable synchronicity of breathing, body movement and mental tranquillity. In her sessions she shares insight on her simple, present, passionate and blissful life. She encourages others to focus on developing a similarly well-balanced outlook.

60 minutes THB 2,400

## WELLNESS IMMERSIONS

Restorative wellness takes time. Our COMO Shambhala Immersions are longer, curated experiences that combine multiple treatments and modalities to offer targeted benefits – while still being achievable in a day.

---

### Be Active

Kick-start an active lifestyle you can sustain, armed with new insights about your body. This Immersion incorporates an exercise session and treatments designed to benefit an active lifestyle.

Inclusions:

- A 60-minute group exercise class or wellness activity (timing per scheduled daily activities)
- A 60-minute Thai massage, where our therapist will maneuver your body into yoga-like stretching positions to help unblock trapped energy
- A 60-minute Foot Acupressure treatment, targeting pressure points on your feet to help rebalance your senses
- A glass of COMO Shambhala Muscle Mylk – a blend of banana, coconut milk and other enriching ingredients designed to speed recovery by reducing inflammation and replenishing nutrients

Single THB 6,200, Couple THB 11,160

### COMO Shambhala Cleanse

Cultivate an approach to wellbeing that goes beyond skin-deep. This Immersion combines movement, body treatments and massage therapies for a sense of active renewal and gentle cleansing, along with a small gift to continue inspiring a healthy lifestyle at home.

Inclusions:

- A 60-minute group exercise class or wellness activity (timing per scheduled daily activities)
- A 30-minute COMO Shambhala Skin Detoxifying Treatment: a scrub, shower with our PURIFY massage oil blend, to help detox and revive tired skin, assisting to improve circulation and skin tone
- A 60-minute Manual Lymphatic Drainage Massage, designed to encourage lymph drainage, carrying toxins and waste away from the tissues, aiding the body's natural detoxification process
- A glass of COMO Shambhala Green and Clean Juice that boosts energy and assists immune function
- A 100ml bottle of our PURIFY blended massage oil, which combines cleansing fennel and citrus oils with the soothing effects of cypress and the refreshing scents of sweet grapefruit

Single THB 6,100, Couple THB 10,980

All services are subject to 10 per cent service charge and seven per cent value-added tax.

For more on COMO Shambhala's vision and our other wellness centres worldwide, please visit [comoshambhala.com](http://comoshambhala.com)

### **COMO Shambhala Sleep**

Sleep is one of the most important components of wellness. This Immersion sets you up for a night of true rest while you're with us. We will also suggest ways to adjust your home environment – your shower habits, aroma usage, meal schedules and more – for better sleep patterns, which will reduce stress and restore energy long-term.

Inclusions:

- A 60-minute group exercise class or wellness activity (per scheduled daily activities)
- A 60-minute COMO Shambhala Massage, which uses our signature blended massage oils that assist to completely calm the mind and gently rejuvenate the body
- A 60-minute Foot massage treatment, where our therapists apply gentle pressure to the feet's reflex points in order to rebalance your senses
- A 10ml CALM essential oil blend to use in your bath later in the evening, helping you prepare for restful sleep

Single THB 6,800, Couple THB 12,240

### **COMO Shambhala Glow**

Restore your natural radiance – often dulled by the daily hustle. This Immersion consists of intense personal care as our expert therapists treat your skin, muscles, nails and senses with a variety of indulgent experiences.

Inclusions:

- Your choice of a 60-minute COMO Shambhala massage treatment
- A 30-minute facial helps to restore skin moisture and create a healthful glow
- A 30-minute body scrub using our INVIGORATE exfoliant, assisting to remove impurities and soften the skin
- A 30-minute manicure or pedicure to tidy and shape your nails
- A COMO Shambhala balm of your choice to take home

Single THB 6,000, Couple THB 10,800

### **COMO Shambhala Bespoke**

Choose what works for you. This Immersion is for those looking for a more personalised experience, with activities and treatments chosen according to your specific needs. Please speak to a member of our team for more information on what options might suit you at +66 (0)2 625 3355 or email us at [csreservations.cmb@comohotels.com](mailto:csreservations.cmb@comohotels.com).

Inclusions:

- Your choice of 60-minute group exercise class or wellness activity (per scheduled daily activities)
- Your choice of any two COMO Shambhala treatments (60 minutes each, 120 minutes total)

Single THB 6,100, Couple THB 10,980

All services are subject to 10 per cent service charge and seven per cent value-added tax.

For more on COMO Shambhala's vision and our other wellness centres worldwide, please visit [comoshambhala.com](http://comoshambhala.com)



COMO  
SHAMBHALA  
METROPOLITAN  
BANGKOK