



COMO  
SHAMBHALA  
MAALIFUSHI

# SPECIALIST PHYSIOTHERAPY

WITH VISITING PRACTITIONER TOMISLAV URODA





Discover the path to recovery and enhanced mobility with visiting expert physiotherapist and massage practitioner, Tomislav Uroda.

Uroda will be offering complimentary functional assessments to evaluate motor abilities and muscle strength, ensuring treatments are tailored to your needs.

#### **PAIN MANAGEMENT AND PREVENTION**

Benefit from a tailored approach to pain relief with a comprehensive physiotherapy sessions. Each session begins with a detailed lifestyle assessment to uncover the root causes of your discomfort, followed by a functional assessment to evaluate motor abilities and muscle strength. Uroda will develop a personalised treatment plan, providing you with effective strategies and targeted exercises to manage pain both during your stay and at home.

*60 minutes – US\$220, 75 minutes – US\$270*

#### **MYOFASCIAL RELEASE MASSAGE**

Restore balance to your body with this specialised therapeutic technique designed to address a variety of muscle and joint issues. This massage typically targets specific areas, most often focusing on the back, where the practitioner works through the musculature to relieve pain and tension, and improve mobility.

*60 minutes – US\$220, 75 minutes – US\$270*

#### **KINESIOTAPING**

Involves the use of elastic therapeutic tape to support the body during movement. This technique can aid in pain relief, reduce swelling and support injury recovery, making it an invaluable tool for athletes and those seeking to enhance their physical performance.

*US\$50*

#### **ASSISTED STRETCHING**

Enhance your flexibility while reducing muscle tension and relieving stiffness.

*30 minutes – US\$70, 45 minutes – US\$160*

#### **FITNESS AND PERSONAL TRAINING**

Focus on creating balanced workout routines that enhance physical fitness, promote overall well-being, and prevent injuries.

Total Body Resistance (TRX) Workout: develops flexibility, strength, endurance and sense of balance, resulting in improved posture and increased joint mobility.

Agility Training Exercises: designed to enhance speed, power, coordination and specific sports skills.

*60 minutes – US\$155, 60 minutes (couple) – US\$190*

*90 minutes (includes 30 minutes assisted stretching) – US\$235*

#### **THERAPEUTIC MASSAGE**

Sports Massage: involves the skilled manipulation of soft tissues to correct imbalances from repetitive or strenuous physical activity.

*75 minutes – US\$270, 90 minutes – US\$320*

Head and Neck Therapy: a gentle manipulation of the scalp and neck soothing treatment to relieve headaches, promote circulation and reduces stress.

*45 minutes – US\$160, 60 minutes – US\$220*

Plantar Reflexology: acts on specific spots of the foot to rebalance energy flow throughout the body.

*45 minutes – US\$160, 60 minutes – US\$220*

#### **SELF DEFENCE CLASSES**

Led by Uroda, these classes are designed to empower participants with the essential skills and confidence to protect themselves in various situations. These hands-on workshops focus on practical techniques, including striking, blocking, and evasive manoeuvres, suitable for all fitness levels.

*Group Session: 60 minutes per session*

*1 session – US\$120, 3 session – US\$330, 5 session – US\$500*

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All prices are subject to service charge and prevailing government tax. To book a session with Uroda, please contact COMO Shambhala by dialling '2' on your in-room phone or contact the COMO Shambhala Reception below.  
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