INSPIRING COMMITMENT TO LIFELONG WELLNESS
WELLNESS IMMERSIONS

Sometimes a quick hit isn’t enough. 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. A refreshing break from the noise of the city.

Be Active
Kick-start an active lifestyle you can sustain, armed with new insights about your body. This Immersion begins with a fitness consultation, where our consultant will recommend a targeted fitness plan based on your physiology and goals. Enjoy one-on-one guidance, a massage to restore your muscles and some finishing COMO Shambhala touches to continue your journey back home.

Inclusions:

• Your choice of:
  – A 15-minute consultation to discuss your personal fitness plan and a 45-minute personal training session or
  – A 60-minute private yoga class
• Your choice of a 60-minute massage:
  – Sports – ideal before and after physical activity to help prevent injury, maintain optimal condition, and speed recovery after a workout
  – Deep Tissue – allowing for the release of deeply held patterns of tension while helping drain the body of toxins
  – Reflexology – applying gentle pressure to the body’s reflex points in order to induce release stored tension
• A glass of COMO Shambhala Muscle Milk – a blend of banana, coconut milk and other enriching ingredients designed to speed recovery by reducing inflammation and replenishing nutrients

Single: £280.00, Couple: £525.00

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

Inclusions:

• A 30-minute COMO Shambhala Skin Detoxifying Treatment: a scrub, shower with our PURIFY essential 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
• 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: £235.00, Couple: £430.00

For more on COMO Shambhala’s vision and our other wellness centres worldwide, please visit 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 touches to implement at home for better sleep patterns, which will reduce stress and restore energy long-term.

Inclusions:
• A 60-minute COMO Shambhala Massage, which uses our signature blended massage oils that assist to calm the mind and gently rejuvenate the body
• A 60-minute Reflexology treatment, where our therapists apply gentle pressure to the body’s reflex points in order to release stored tension
• A 10ml CALM essential oil blend to use in your bath later in the evening, helping you prepare for restful sleep

Single: £285.00, Couple: £520.00

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:
• A 60-minute COMO Shambhala Massage, using our signature blended massage oils that assist to calm the mind and gently rejuvenate the body
• A 30-minute body scrub using our INVIGORATE exfoliant, to remove impurities and soften the skin
• A 30min Dr. Hauschka Holistic Facial OR Guinot Express Facial, a nurturing and deep-acting facial that greatly improves your complexion
• A 30-minute manicure or pedicure to tidy and shape your nails
• A COMO Shambhala balm of your choice to take home

Single: £320.00, Couple: £560.00
COMO Shambhala Bespoke
Choose what works for you. This Immersion is for those looking for a more personalised experience, with a choice of treatments to pair with a Dr. Hauschka Holistic Facial. Please speak to a member of our team for more information on what options might suit you at +44 207 447 5750 or email us at csreservations.cml@comohotels.com.
Inclusions:
• A 60-minute Dr. Hauschka Holistic Facial
• Your choice of a 60-minute COMO Shambhala massage or body treatment
Single: £250.00, Couple: £455.00

COMO Shambhala Recharge
The power nap of wellness treatments, this Immersion includes simple, effective body and facial care. Spend a relaxing 90 minutes with us and leave you feeling ready to face the rest of your day.
Inclusions:
• A 60-minute COMO Shambhala Massage, using our signature blended massage oils that assist to calm the mind and gently rejuvenate the body
• A 30-minute Dr. Hauschka Express OR Guinot Express facial, to help improve complexion and leave your skin radiant
Single: £215.00, Couple: £375.00
Admission
All COMO Metropolitan London guests aged 16 and older have complimentary use of COMO Shambhala’s wellness facilities including the fitness centre, stream room and locker room. 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 Urban Escape Wellness reception or by dialling COMO Shambhala Wellness Reception at extension 5750 on your in-room telephone. For non-staying guests, please dial +44 20 7447 5750 or email csreservations.cml@comohotels.com. Alternatively, visit comohotels.com/como-metropolitan-london-wellness to make a booking online.
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: 9.30am – 7.30pm
Fitness Centre: 24 hours
All in-room treatments during opening hours incur an additional charge of £30.00. Should you wish to schedule a treatment outside of our usual hours, please contact the COMO Shambhala Wellness reception team at least 24 hours in advance for arrangement. An additional charge of £50.00 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 24 hours beforehand or a full 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 London 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 inclusive of 20 per cent VAT.

Gift Vouchers
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 voucher.