




COMO
SHAMBHALA
METROPOLITAN
LONDON

WORKPLACE WELLBEING



A woman with dark hair, wearing a white, long-sleeved, form-fitting dress, is captured in a graceful, artistic pose. She is looking upwards and to the right, with her right hand resting on her forehead. The background is a soft, bright white, creating a dreamlike and ethereal atmosphere. The lighting is soft and diffused, highlighting the contours of her body and the texture of the fabric.

HEALTH IS A STATE OF
COMPLETE HARMONY OF THE
BODY, MIND AND SPIRIT.

B.K.S. Iyengar

At COMO Shambhala, we believe wellness is found within – a holistic approach to taking care of our bodies and minds, with every aspect of health treated with the same consideration and care. Through curated therapies, bespoke programmes and thoughtfully designed facilities, we help you find an approach to wellness that is balanced and sustainable, and that energises and restores in equal measure.

COMO Shambhala London on Park Lane is an oasis of calm hidden in the heart of London. Here we combine ancient and modern healing techniques into a range of award-winning wellness treatments, from invigorating full-body massage to hydrating facials and targeted acupuncture.

Whether you want to awaken tired muscles with expert yoga instruction, enjoy healthful menus from COMO Shambhala Kitchen, or take a moment to pause and replenish in our thermal steam rooms, our discreet London wellness centre is the ideal escape from the everyday stresses of corporate life.





COMO SHAMBHALA ESCAPE

Leave daily corporate stresses behind and enjoy a day of restorative wellness, with curated treatments, nutritious cuisine and exclusive access to our spa facilities to enjoy at your own pace.

COMO SHAMBHALA ESCAPE ATTENDEES WILL RECEIVE

- Exclusive access to COMO Shambhala Urban Escape spa facilities, including gym and thermal steam rooms
- Two 30-minute wellness treatments per person, choosing from a COMO Shambhala Signature Massage, Foot Acupressure or Express Facial.
- COMO Shambhala Canapés, featuring Real Toast, granola berry trifle and fruit skewers (subject to changes).
- COMO Shambhala Juices, including “Lean & Green” (apple, celery, cucumber, lettuce, lemon, fennel, spinach, sunflower seeds, macadamia and spirulina) and “Blood Builder” (carrot, beetroot, pineapple, apple and ginger)
- A COMO Shambhala product for each person to continue their wellness journey at home

TERMS AND CONDITIONS

- Minimum number of six attendees
- Prices starting at £260.00 per person
- Notice of cancellation must be made a minimum of 72 hours in advance
- Deposit required



WORKPLACE WELLNESS

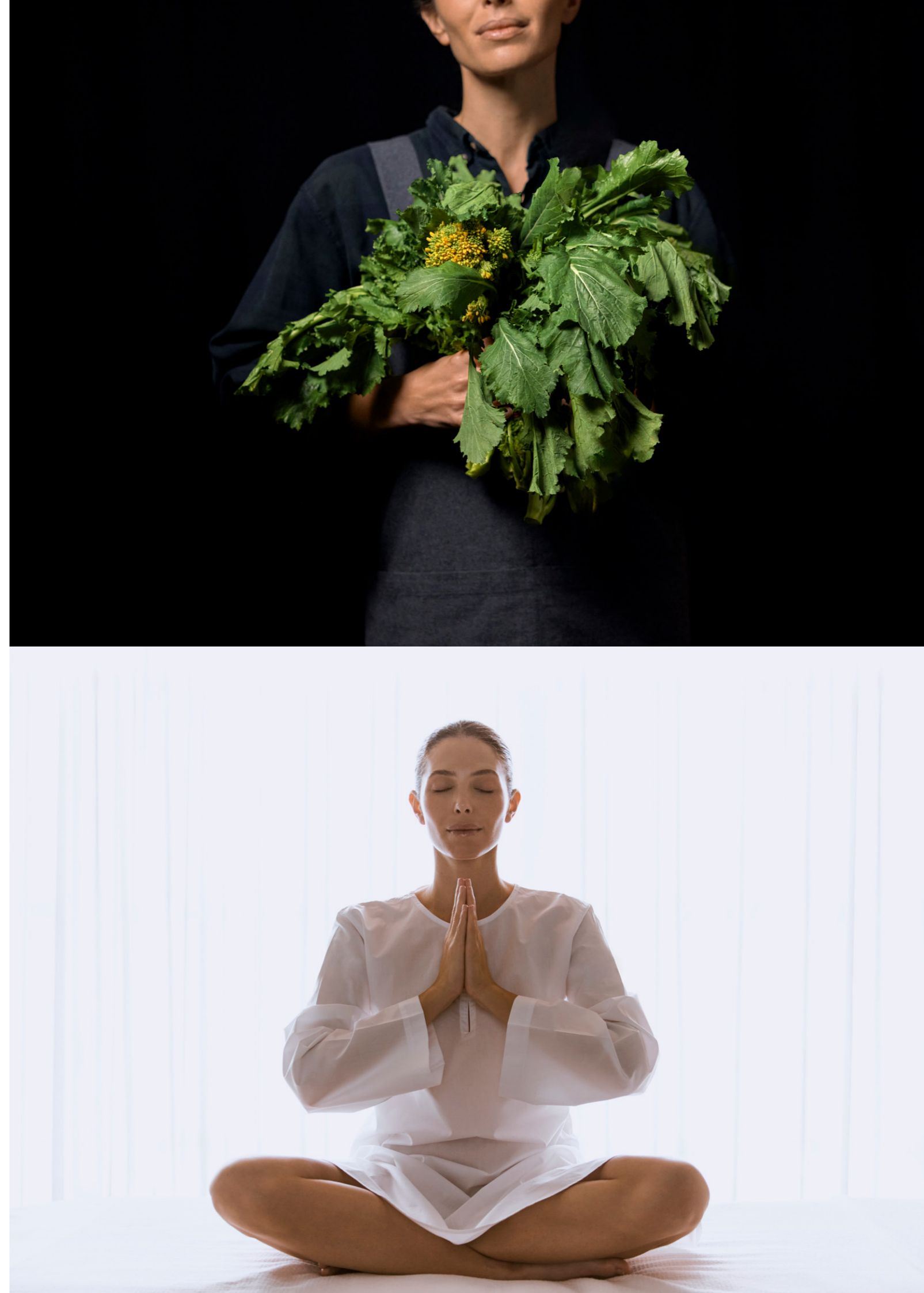
Allow COMO Shambhala to bring our unique blend of holistic wellness directly to you. We'll provide a series of in-office workshops and movement sessions for your team, demonstrating simple, healthy practices that can dramatically improve day-to-day workplace wellbeing.

WORKPLACE WELLNESS ATTENDEES WILL ENJOY

- Workshop on creating achievable and sustainable wellness practices in the workplace
- Chair massage targeting shoulders, neck and hands
- Office-based stretch class
- Refreshing and energising ginger tea
- Lunch of healthful COMO Shambhala Cuisine
- Guided meditation and breathwork session to close.

TERMS AND CONDITIONS

- Minimum number of six attendees
- Prices starting from £200 per person
- Notice of cancellation must be made a minimum of 72 hours in advance
- Deposit required
- Central London location only





COMO
SHAMBHALA

WELLNESS BEGINS
WITHIN

To book or to find out more, please contact
COMO Shambhala at COMO Metropolitan London.

E. comoshambhala.cml@comohotels.com

T. +44 0207 447 5750