



COMO SHAMBHALA

INSPIRING COMMITMENT
TO LIFELONG WELLNESS

Admission

All COMO Castello Del Nero guests aged 16 and older have complimentary use of COMO Shambhala's wellness facilities including the fitness centre, yoga studio, Pilates studio, locker rooms and thermal suites. For treatment requests for guests under the age of 16 years, please see our COMO Shambhala Wellness reception team for details and reservations. Our COMO Shambhala Retreat facilities include seven treatment rooms. Our thermal suites give you access to a gentle sauna, an aromatic steam room, ice fountain, invigorating showers, a heated hydrotherapy pool and a relaxation area with panoramic views.

Reservations

Reservations can be made at the COMO Shambhala Retreat Wellness reception or by dialling COMO Shambhala at extension 785 on your in-room telephone. If calling from outside COMO Castello Del Nero, you can dial +39 055 80647785. 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 to 8.00pm

Fitness Centre: 24 hours

All in-room treatments incur an additional charge of €70. An additional charge of €100 applies to appointments made outside of the stated COMO Shambhala hours. Please arrange at least 48 hours in advance for off-hour treatments by contacting the front office.

The Fitness Centre is available for guest use anytime, but should you wish to use it beyond the COMO Shambhala hours, please contact the COMO Shambhala reception.

Arrival

We recommend that you arrive at least 30 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 12 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 Shambhala accepts no responsibility for the loss of money or valuables of any kind.

Charges

All services are inclusive of 22 per cent VAT.

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 TREATMENT

COMO Shambhala offers carefully curated massage treatments. 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 €160

75 minutes €195

90 minutes €230

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 €170

75 minutes €205

90 minutes €240

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.

60 minutes €160

75 minutes €195

Indian Head Massage

Beginning in a seated position, our Indian Head Massage helps relieve stress-induced tension in the head, neck and shoulders. A gentle facial massage of the nine Marma facial points is also included.

30 minutes €90

60 minutes €160

Foot Massage

In this treatment, COMO Shambhala therapists use foot massage to induce deep relaxation. Acupressure stimulates the body's natural relaxing processes; this treatment is ideal after a day full of traveling or walking.

30 minutes €90

60 minutes €160

Manual Lymphatic Drainage

Manual lymphatic drainage (MLD) is a type of gentle massage designed to encourage lymph drainage, carrying toxins and waste away from the tissues, aiding the body's natural detoxification process.

60 minutes €170

75 minutes €205

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 €360

BODY TREATMENT

Body treatment 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 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 treatment 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 an hour-long COMO Shambhala Massage to further stimulate the body's natural detoxifying functions.

60 minutes €160

90 minutes €230
(with 30 minutes massage)

120 minutes €290
(with 60 minutes massage)

COMO Shambhala Signature Ritual

This treatment begins with a welcome foot ritual, followed by a full-body exfoliation using an anti-oxidising combination of sea salt and the Estate's own olive oil. This soothes and softens skin. Tuscan lavender-infused olive oil is then used in a massage aimed at inducing deep relaxation and calm through long and soothing stretching movements.

110 minutes €275

Dead Sea Mud Treatment

Our nurturing Dead Sea Mud Therapy helps to extract impurities from the skin, while moisturising the body and relieving muscle tension. The warm mud treatment includes a gentle exfoliating scrub, as well as a face and scalp massage. After a shower, the treatment concludes with our nurturing signature COMO Shambhala Massage.

120 minutes €320

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 treatments. 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 Lift Deluxe

This ultimate lifting treatment combines Hydradermie Age Logic and the Hydradermie Lift to leave your skin looking refreshed and radiant. The stimulation of facial muscles gives an immediate lift to the face, adding firmness and leaving the skin with a youthful glow.

120 minutes €300

Guinot Hydradermie Cellular Energy (The Advanced Complexion Rejuvenating Treatment)

This revolutionary treatment provides an effective alternative to aesthetic surgery. Using dynamic ionisation and thermal energy, this patented technology encourages the skin's cellular energy. A variety of prescriptive gels customised to suit individual skin types means this unique treatment can achieve a beautifully enhanced, rejuvenated complexion with clinically-proven results after just one treatment.

75 minutes €195

Guinot Hydradermie Age Logic (The Anti-Ageing Star Treatment)

This specially designed anti-ageing Hydradermie facial focuses on the eyes, face and neck to target signs of ageing. This treatment is clinically proven to decrease wrinkle depth by up to 49.5 per cent.

90 minutes €240

Guinot Age Summum (The Ultimate Anti-Ageing Treatment)

Guinot Age Summum is the pinnacle of anti-ageing treatments, using pure Vitamin C, Hyaluronic Acid and ProCollagen to target the signs of ageing. Active ingredients penetrate the skin using the exclusive Age Summum anti-ageing facial massage. Fine lines and wrinkles are smoothed and the skin's youthful radiance is restored.

60 minutes €175

**Guinot Lift Summum
(The Firming, Lifting Treatment)**

This exclusive firming treatment immediately helps reduce signs of fatigue and ageing, focusing on the face, neck and décolletage. The unique stimulating massage visibly lifts and firms while the active ingredient, collagen, helps to improve elasticity. The treatment also diminishes the appearance of fine lines, while the unique face and décolleté masks restore a youthful appearance.

60 minutes €175

**Guinot Detoxygene Facial
(The Anti-Pollution Treatment)**

An exclusive treatment in which the power of nature works to detoxify and oxygenate your skin. Ideal for all city living or suffocated skin. Pro-Oxygen stimulates cellular respiration while the following natural green clay mask absorbs toxins on the skin's surface. This anti-pollution treatment is designed for dull or lifeless skin and incorporates a Serenity Massage to promote lymphatic drainage, leaving skin oxygenated, fresh and clear.

60 min € 160

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

€70

Back

€55

Half Leg

€55

Bikini Line

€35

Underarm

€30

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 €70

Essential Pedicure

A lasting pedicure in the colour of your choice.

60 minutes €95

MIND & BODY DISCIPLINE

COMO Shambhala offers a variety of classes and activities, including yoga, Pilates, meditation 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 €160

60 minutes (couple) €190

Additional (third onwards) €30 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) €250

Pilates

Pilates is a gentle form of exercise that assists to improve posture, circulation and flexibility by toning muscles and strengthening the core. It also encourages mind-body balance with calming, regular exercises. Private Pilates sessions are available for beginners to experts, using either the mat or Reformer styles to enhance existing practice or give an introduction to the Pilates method of exercise.

Mat Pilates Sessions

60 minutes €160

60 minutes (couple) €190

Additional (third onwards) €30 per person

Pilates Reformer Sessions

60 minutes €185

90 minutes €270

Fitness and Personal Trainer

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 €160

60 minutes (couple) €190

Additional (third onwards) €30 per person

Meditation

Discover the healing and relaxing power of an ancient therapeutic tradition with a one-on-one session.

60 minutes €160

60 minutes (couple) €190

Additional (third onwards) €30 per person

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 TREATMENT

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 €160

75 minutes €195

90 minutes €230

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 €170

75 minutes €205

90 minutes €240

Indian Head Massage

Beginning in a seated position, our Indian Head Massage helps relieve stress-induced tension in the head, neck and shoulders. A gentle facial massage of the nine Marma facial points is also included.

30 minutes €90

60 minutes €160

Foot Massage

In this treatment, COMO Shambhala therapists use foot massage to induce deep relaxation. Acupressure stimulates the body's natural relaxing processes; this treatment is ideal after a day full of traveling or walking.

30 minutes €90

60 minutes €160

BODY TREATMENT

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 treatment 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 €160

90 minutes €230

(with 30 minutes massage)

120 minutes €290

(with 60 minutes massage)

FACIAL CARE

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 €230

120 minutes €290

GUINOT TREATMENT FOR MEN

This Guinot Hydradermie facial has been adapted for our male clients. It is available exclusively at our COMO Shambhala Retreat within COMO Castello del Nero.

Trés Homme Hydradermie Cellular Energy Treatment

This is a good introductory men's facial, featuring Guinot's signature hydration process to help your skin feel more hydrated and regain its radiance. At the beginning, prescriptive gels are chosen to suit your specific skin needs. Aided by mild ionised currents, the gels will penetrate through your skin and assist with restoring its natural radiance. Active ingredients will work to rehydrate the skin, improving its natural suppleness.

60 minutes €160

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 €50

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 €60

KIDS MENU

Positive 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 €72

45 minutes Full-body Massage €104

60 minutes Full-body Massage €128

Cleansing Facial

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

30 minutes €76

Children's 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 €40

Children's 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 €45

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 an mini manicure and pedicure. They can also opt to have their nails painted in their favourite colour.

60 minutes €116

75 minutes (includes nail polish application) €132

COMO SHAMBHALA PRIVATE SESSIONS FOR CHILDREN

Children's Yoga

30 minutes €92

60 minutes €128

Family Yoga

60 minutes (two adults + two children with age from five years old) €250

Children's Mat Pilates

30 minutes €95

60 minutes €128

Children must be over eight years old to participate in children's Pilates.

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 Retreat.
- 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 then the treatment will stop. However, the full treatment cost will still be charged.

For more on COMO Shambhala's vision and our other wellness centres worldwide, please visit comoshambhala.com

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 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 help to increase blood and lymph flow, so muscles can once again operate at full capacity.

- A 60-minute Foot massage 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 €306, Couple €578

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 (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 €275, Couple €519

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 body'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 €310, Couple €586

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 group exercise class or wellness activity (per scheduled daily activities)
- 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 €350, Couple €680

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 +39 055 80647785 or email us at csreservations.cdn@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 €297, Couple €561



COMO
CASTELLO DEL NERO