



COMO SHAMBHALA

INSPIRING COMMITMENT
TO LIFELONG WELLNESS

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 feet 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 €660

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 castellodelnero@comoshambhala.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

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 COMO Shambhala reception.

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

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.



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