



## WELLNESS RITUALS

Our new Wellness Rituals combine insights from experts, nutritious meals, relaxing treatments and access to our state-of-the-art facilities. Each Ritual takes place across a day or half day in the nurturing surrounds of COMO Shambhala Retreat. Simply choose one that suits you best.

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### **Be Active**

Start your day with invigorating morning exercise and a healthy breakfast of COMO Shambhala Cuisine, followed by a relaxing wellness treatment and access to our state-of-the-art facilities. This Ritual includes a morning group yoga or Pilates mat class, a COMO Shambhala breakfast, a 30-minute face or body treatment and access to our thermal suites, gym, yoga studio.

Monday to Sunday, 8.00am to 12.00pm | EUR 140

### **Find Harmony**

Enjoy a rejuvenating, relaxing day at COMO Shambhala Retreat. This Ritual includes a 30/60/90-minute face or body treatment, a COMO Shambhala lunch at Pavilion and access to our thermal suites.

Me Time with a 30-minute treatment: EUR 145

Me Time with a 60-minute treatment: EUR 215

Me Time with a 90-minute treatment: EUR 285

Monday to Sunday, 9.00am to 2.00pm

### **Feel Invigorated**

Enjoy treatments, fitness and nutritious cuisine with this indulgent Ritual at COMO Shambhala Retreat. This experience includes a 60-minute massage, a COMO Shambhala Cuisine meal at Pavilion, a COMO Shambhala Invigorate balm and access to our thermal suites, gym, yoga studio.

Morning (9.00am to 12.30pm): EUR 205

Afternoon (12.30 to 4.30pm): EUR 225

Evening (4.30pm to 8.00pm): EUR 260

Monday to Sunday

### **Bridal Party Wellness**

Unwind with friends before the big day. This Ritual includes a 30-minute face or body treatment, COMO Shambhala lunch at Pavilion, a glass of champagne and access to our thermal suites, gym, yoga studio and pool. Private fitness classes and treatment extensions are also available as add ons.

Monday to Sunday, 9.00am to 2.00pm | EUR 525

This package price is for a group of three; additional friends are charged at EUR 165. Add on services are also available.



### Wedding Day Glow

Get that radiant, healthy wedding day look with thorough relaxation at our COMO Shambhala Retreat. This Ritual includes a 30-minute facial treatment, a 30-minute body treatment, a COMO Shambhala lunch at Pavilion and access to our thermal suites. Manicures and pedicures are available as optional extras.

Monday to Sunday, 9.00am to 2.00pm | EUR 215

### Motherhood

Ideal for mums-to-be or breastfeeding new mothers, this experience is designed to rejuvenate and relax, leaving you with more energy for your little ones. This package includes a 30-minute foot massage, a 30-minute facial treatment, a 30-minute manicure, a COMO Shambhala Botanical Mocktail.

Monday to Sunday | EUR 230

### Discover COMO Shambhala

Enjoy the best of our COMO Shambhala Retreat facilities with this customisable experience. This price includes access to our thermal suites and a refreshing COMO Shambhala juice. Private yoga classes, 30 or 60-minute face or body treatments and pool access are also available as optional extras.

Monday to Sunday, morning, afternoon, or evening | EUR 50

### COMO Shambhala Immersed

Spend an entire day the COMO Shambhala way with our most immersive experience. This Ritual includes COMO Shambhala breakfast and lunch, a 30-minute facial treatment, a 30-minute body treatment, a 30-minute manicure, scheduled daily activities and access to our thermal suites, gym, yoga studio, tennis courts.

Monday to Sunday, 8.00am to 7.00pm | EUR 300

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#### Terms and conditions:

- A COMO Shambhala kit - a robe, towels and slippers - is provided for use during all Wellness Rituals
- Check-ins at the COMO Shambhala reception are required at least 45 minutes prior to your first appointment.
- Guests must be a minimum age of 18 years old to use these packages independently; 16 year olds may use these packages if accompanied by an adult
- Cancellations made within 24 hours of the package start time will incur a 100 per cent charge.
- These packages are also available to purchase with our COMO E-Gift Voucher.

We recommend booking your Wellness Rituals in advance to ensure your preferred schedule and package is available. To do so, please provide the COMO Shambhala reception (Monday to Sunday, 9.00am to 8.30pm) with your credit card details and contact information.

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