



COMO SHAMBHALA

INSPIRING COMMITMENT
TO LIFELONG WELLNESS

Admission

All COMO Shambhala at Laucala Island guests aged 18 years and older have complimentary use of COMO Shambhala.

Our COMO Shambhala Retreat facilities include four treatment villas, of which two have steam rooms.

Reservations

Reservations can be made at the TAU Concierge or by dialling Concierge on your in-room telephone.

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 Retreat:

Spa remains open from 10.00am to 6.00pm daily and 10.00am to 9.00pm during festive season. Later appointments can be arranged with prior notice.

The gym is available for guest use anytime.

Arrival

We recommend that you arrive at least 15 minutes prior to your appointment time in order to relax. 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. Dress in light clothing since you will be required to change into bathrobes before your treatment.

Valuables

We advise you not to bring any valuables during your visit. COMO Shambhala and COMO Hotels and Resorts accepts no responsibility for the loss of money or valuables of any kind.

Charges

All services are exclusive of 14 per cent government prevailing taxes.

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 THERAPY

COMO Shambhala offers carefully curated massage therapies. 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 \$150

90 minutes \$190

Thai Massage

An oil-free massage where our therapist works your pressure points, and stretches you manually in yoga-like movements. This massage assists to increase your energy levels and encourages the body to release tension. Comfortable clothing is provided.

60 minutes US\$150

90 minutes US\$190

In the below treatments, we'll be using oils made from the abundance of nourishing plants available on Laucala Island. Of these, we have four signature blends:

Molikaro – from our wide range of native citrus trees

Wainimate – cured botanical herbs and spices, used in traditional Fijian healing methods

Senikau – powerfully fragrant tropical blossoms

Qele – a grounded mix of roots, wood and spice

Foot Massage

This massage is based on reflexology: the ancient therapy that links areas of the foot to specific parts of the body. By stimulating the feet, we aim to restore balance and reduce congestion in the corresponding anatomy.

60 minutes US\$100

Hot Stone Massage

A powerfully therapeutic massage utilising hot and smooth oiled river stones. The hot stones glide along muscles, warming and loosening knots, correcting tensions at the deepest level. This melting sensation promotes a profound sense of relaxation.

60 minutes US\$150

90 minutes US\$190

Titobu Massage

This deep tissue massage is for regaining and maintaining the balance of the body. The massage therapist tailors the experience to individual areas of tension, to loosen blockages and knots.

60 minutes US\$150

90 minutes US\$190

Fijian Bombo Massage

This Fijian Massage uses traditional techniques that employs the therapist's hands, forearms, elbows and feet. This treatment can be done at our spa or in the privacy of your Residence.

60 minutes US\$150

90 minutes US\$190

FACIAL CARE

Our treatments use island-grown ingredients that are carefully curated for your skin needs.

Classical Facial

The secret to glowing skin is a combination of the right cleansing and correct nourishing. This tailored facial treatment uses island honey, cucumber, aloe vera gel, jojoba and jasmine essential oil to restore vitality and brightness. Recommended for normal skin types.

60 minutes US\$120

Rebalancing Facial

Ideal for problematic and combination skin types, this facial features pure, natural white clay that is rich in minerals and vitamins, and absorbs excess oil. Besides deep cleansing, this treatment also features a facial pressure point and lymphatic drainage massage. Subject to therapist recommendation, this treatment can also feature steaming and extraction.

60 minutes US\$120

Natural Facial

This facial uses fresh cucumber, sesame seeds, turmeric powder, homemade yoghurt, and honey with a refreshing lavender scent. This treatment assists to enhance complexion and revive tired skin.

60 minutes US\$120

Herbal Compress Facial

Suitable for all skin types, this facial combines organic herbal ingredients with traditional Fijian application techniques that improve blood circulation while leaving your skin purified and nourished.

90 minutes US\$140

BODY THERAPY

Body therapy 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 Bath

Our cleansing COMO Shambhala Bath treatment gently exfoliates and softens the skin, leaving you feeling refreshed and relaxed. After dry brushing your body, our expert therapists will apply COMO Shambhala's Body Scrub, combining the exfoliating benefits of sea salt and sugar with a nut oil base, as well as luxurious shea butter. Once this has been absorbed into the skin, enjoy an invigorating bath, before the session concludes with the long calming strokes of our signature COMO Shambhala Massage.

120 minutes \$300

After Sun Soother

Aloe vera and cucumber are both known for their cooling, soothing, hydrating properties and are the star ingredients of this after-sun treatment. This treatment begins with a cold, lavender-scented compress followed by a cooling body mask and a scalp massage.

45 minutes US\$80

COMO Shambhala Laucala Island Signature Treatment

Our resort's signature treatment features a deep-cleansing salt body scrub and a papaya body wrap. The scrub gently exfoliates the skin surface, leaving the body looking brighter and smoother. Papaya is a tropical fruit easily found around our island, which is rich in vitamin A, C and E. We use banana leaves to wrap this around the body, further assisting to brighten the skin. Then, a relaxing Vichy shower to wash everything off before a 60-minute COMO Shambhala Massage.

120 minutes US\$300

BODY SCRUBS AND WRAPS

Scrubs polish the skin to promote a youthful, hydrated complexion. Wraps help potently nourishing ingredients to penetrate deeper into the skin to cleanse and calm. All our body scrub and wrap treatments include Vichy shower therapy.

45 minutes US\$80

Each body scrub and wrap experience can be enhanced with a 60-minute COMO Shambhala Massage for an additional US\$150.

SCRUBS

Herbal Body Scrub

Uses a blend of dry basil, green tea, honey and sunflower oil with your choice of essential oil scent.

Coconut Body Polish

Fresh coconut collected from the island is used to exfoliate the skin and leave it feeling like silk. Ideal before and after days in the sun.

Sugar Crystal Body Polish

Brown sugar, hibiscus flowers from around the island and coconut oil helps to stimulate blood circulation.

WRAPS

Detoxifying Micro Algae Wrap

This wrap features pure spirulina seaweed, which is rich in minerals, vitamins, proteins and has a potent antioxidant effect that helps with some skin conditions.

This treatment can also assist to relieve muscular aches and strains.

Volcanic Clay Body Wrap

Volcanic clay has unique anti-inflammatory properties, as well as brightens and smooths the skin's appearance. This wrap helps to reduce the accumulation of dead skin cells and impurities that may clog pores over time.

BATHS

Bathing can be a powerful daily ritual that not only cleanses the body but purifies the mind. Baths in COMO Shambhala Retreat take place in our outdoor bathtub that overlooks the ocean, surrounded by the sounds of nature.

45 minutes US\$80

Rejuvenate Bath

You have a choice of hydrating coconut milk, senikau (blossom) aromatherapy or our classic COMO Shambhala Island Bath – all designed to leave you with hydrated skin.

Indian Bath

Enjoy a traditional herbal bath, followed by a luxurious body lotion to nourish the skin.

SALON SERVICES

Hair and Head Treatment

Coconut is considered the fruit from the 'Tree of Life' in Fiji. In this treatment, coconut milk is used to cleanse, condition and nourish the hair from roots to ends.

A herbal mask is applied to strengthen and encourage shine, followed by a scalp massage to stimulate the scalp and leave you feeling refreshed.

60 minutes US\$120

Essential Manicure

Our manicure features a cleansing hand bath, followed by a coconut scrub and gentle massage before we tidy the nails and cuticles.

45 minutes US\$60

Additional polish – 15 minutes US\$70

Essential Pedicure

This pampering treatment combines a warm foot flower bath, exfoliation and a gentle foot and calf massage to enhance blood circulation.

60 minutes US\$80

Additional polish – 15 minutes US\$90

Express Manicure or Pedicure

A quick groom of your nails and cuticles.

30 minutes US\$40

Additional polish – 15 minutes US\$50

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.

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 \$150

90 minutes \$190

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.

60 minutes \$150

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 \$160

75 minutes \$210



COMO
LAUCALA ISLAND