



COMO SHAMBHALA

INSPIRING COMMITMENT  
TO LIFELONG WELLNESS

**Admission**

All COMO Point Yamu guests aged 16 and older have complimentary use of COMO Shambhala's wellness facilities including the fitness centre, locker room facilities, steam room, sauna, Jacuzzi and plunge pool. For treatment requests for guests under the age of 16 years, please see our COMO Shambhala Wellness reception team for details and reservations.

**Reservations**

Reservations can be made at the COMO Shambhala Wellness reception or by dialling guest services on your in-room telephone. If calling from outside COMO Point Yamu, you can dial +66 76 360100. 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: 8.00am to 8.00pm

All in-room treatments during opening hours incur an additional charge of THB 1,500. Should you wish to schedule a treatment outside of our usual hours, please contact the COMO Shambhala Wellness reception team in advance for arrangement. An additional charge of THB 2,500 applies to appointments made outside of our usual hours.

**Arrival**

We recommend that you arrive at least 15 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 four hours beforehand or a 50 per cent 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 Point Yamu accepts no responsibility for the loss of money or valuables of any kind.

**Gratuities**

In appreciation of outstanding service, gratuities for staff may be left at your discretion. For your convenience, gratuities may be charged directly to your room.

**Charges**

All services are subject to 10 per cent service charge and 7 per cent value-added tax.

**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.

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### **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 THB 3,600

90 minutes THB 4,600

### **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 THB 3,800

90 minutes THB 4,800

### **Traditional Thai Abdominal Chi Massage**

Our Thai Abdominal Chi Massage is an internal organ massage that works over the navel and surrounding abdominal areas where stress and tension can accumulate. This helps promote a number of benefits, including improving digestion, soothing bloating and aiding in the relief of constipation. We recommend a course of three treatments for enhanced benefits.

60 minutes THB 2,700

75 minutes THB 3,200

### **Thai Massage**

Thai Massage assists in unblocking trapped energy and improves vitality. With this type of healing treatment – sometimes known as passive yoga – our expert COMO Shambhala therapists manoeuvre your body into yoga-like stretching positions, applying pressure along the meridians and mobilising joints. No oil is used during this treatment and Thai pyjamas are provided.

60 minutes THB 3,400

90 minutes THB 4,400

### **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.

75 minutes THB 4,100

90 minutes THB 4,600

### **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 THB 3,600

90 minutes THB 4,600

### **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 THB 2,900

### **Foot Acupressure Massage**

By understanding how the body's organs respond to gentle pressure on the feet, our COMO Shambhala therapists can use thumb acupressure and massage to help stimulate the body's natural recovery process. This in turn helps to induce deep relaxation – an especially nurturing treatment after a day's travelling or walking.

60 minutes THB 2,700

### **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 THB 6,500

## 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.

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### **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 THB 6,500  
(includes COMO Shambhala juice)

### **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 therapy 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 THB 3,500  
90 minutes (with 30 minutes massage)  
THB 5,300  
120 minutes (with 60 minutes massage)  
THB 6,300

### **COMO Shambhala Sun Soother**

This soothing face and body treatment is designed specifically for use after excessive sun exposure, nourishing and comforting the skin as well as reducing heat and redness.

60 minutes THB 3,900  
90 minutes (with 30 minutes massage)  
THB 4,900

### **Traditional Lanna Heritage Body Scrub**

This body scrub uses traditional herbs like lemongrass and galangal to stimulate circulation and nourish the skin, while also helping to boost the immune system. The treatment begins with a dry body brushing technique, followed by a gentle exfoliating scrub. It is finished with a soothing COMO Shambhala Massage to help deeply relax the muscles.

120 minutes THB 6,300

### **Traditional Lanna Heritage Full Body Compress**

Our authentic Lanna Heritage Full Body Compress uses aromatic herbs and spices to improve circulation, soothe muscular aches and pains, and rejuvenate the body. COMO Shambhala therapists utilise hot compresses with up to 12 different traditional herbs during the massage, which helps to restore an overall sense of wellbeing.

90 minutes THB 5,300

## 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.

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### **GUINOT FACIAL**

**Developed by Jean-Daniel Modin, a doctor of pharmaceuticals, Guinot is known for producing market-leading results in skincare and facial therapies. 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 Treatment**

The Guinot Hydradermie Treatment is Guinot's signature hydration programme. It helps to induce a glowing complexion using prescriptive gels that are chosen to suit your skin's specific needs. Aided by mild ionised currents, the gels penetrate through and assist with restoring the skin's natural radiance. Active ingredients also work to hydrate the skin and improve its suppleness.

60 minutes THB 3,900

#### **Guinot Hydradermie Lift**

The Guinot Hydradermie Lift lifts and firms the skin. The treatment stimulates the small muscles of the face to give a firmer, more radiant appearance, and also promotes oxygenation to revitalise the skin.

60 minutes THB 3,900

#### **Guinot Hydradermie Deluxe Treatment**

The Guinot Hydradermie Deluxe Treatment involves deep cleansing, purification, oxygenation and maximum hydration to leave skin with a healthy glow. Prescriptive gels are chosen to suit your skin's specific needs. Aided by mild ionised currents, the gels penetrate the skin and assist with restoring its natural radiance. This Guinot Hydradermie Deluxe Treatment also targets the eye and neck areas with firming and hydrating gels to smooth away the signs of ageing. This treatment builds upon the foundations of the Guinot Hydradermie Plus Treatment, offering a longer, more intensive experience.

90 minutes THB 5,000

#### **Guinot Aromatic Facial**

The Guinot Aromatic Facial uses the natural healing powers of plant extracts to cleanse and nourish the skin. A gentle nourishing mask and facial massage will leave your skin glowing and revitalized, especially for those with dry and sensitive skin, or after excessive sun exposure.

60 minutes THB 3,500

## BEAUTY CARE

Our beauty care treatments are designed to refresh you, leaving you with a renewed sense of confidence.

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### **WAXING**

We offer a range of hair-removal treatments administered by our expert staff, each one designed to leave skin feeling soft and smooth.

Please speak to the COMO Shambhala Wellness reception for prices.

### **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 THB 950

#### **Essential Pedicure**

A lasting pedicure in the colour of your choice.

60 minutes THB 1,150

#### **Gel Polish Removal**

30 minutes THB 400



## MIND & BODY DISCIPLINE

COMO Shambhala offers a variety of classes and activities, including yoga 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 wellness reception team to make your reservation.

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### **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 THB 2,400

60 minutes (couple) THB 2,800

Additional (third onwards)

THB 900 per person

### **Family Yoga**

This family class incorporates a yoga lesson for two adults and two children over the age of three. 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) THB 3,600

### **Fitness and Personal Training**

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 60 minutes THB 3,000

## 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.

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### MASSAGE THERAPY

#### 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 THB 3,600

90 minutes THB 4,600

#### 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 THB 3,800

90 minutes THB 4,800

#### Thai Massage

Thai Massage assists in unblocking trapped energy and improves vitality. With this type of healing treatment – sometimes known as passive yoga – our expert COMO Shambhala therapists manoeuvre your body into yoga-like stretching positions, applying pressure along the meridians and mobilising joints. No oil is used during this treatment and Thai pyjamas are provided.

60 minutes THB 3,400

90 minutes THB 4,400

#### Foot Acupressure Massage

By understanding how the body's organs respond to gentle pressure on the feet, our COMO Shambhala therapists can use thumb acupressure and massage to help stimulate the body's natural recovery process. This in turn helps to induce deep relaxation – an especially nurturing treatment after a day's traveling or walking.

60 minutes THB 2,700

#### Head, Shoulder and Back Massage

60 minutes THB 3,200

### BODY THERAPY

#### 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 therapy 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 THB 3,500

90 minutes (with 30 minutes massage)  
THB 5,300

120 minutes (with 60 minutes massage)  
THB 6,300

All services are subject to 10 per cent service charge and seven per cent value-added tax.

For more on COMO Shambhala's vision and our other wellness centres worldwide, please visit [comoshambhala.com](http://comoshambhala.com)

## **FACIAL CARE**

### **GUINOT TREATMENT FOR MEN**

This series of Guinot Hydradermie facials have been adapted for our male clients. They are available exclusively at our **COMO Shambhala within COMO Point Yamu.**

#### **Tres' Homme Hydradermie Treatment**

The Très Homme Hydradermie Treatment is a good introductory facial, featuring Guinot's signature hydration process. Prescriptive gels are chosen to suit your skin's specific needs. Aided by mild ionised currents, the gels penetrate through and assist with restoring the skin's natural radiance. Active ingredients also work to hydrate the skin and improve its suppleness.  
60 minutes THB 3,900

#### **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 THB 4,900

120 minutes THB 5,400

## **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 THB 650

#### **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 THB 850

## 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.

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### **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

THB 1,700

45 minutes Full-body Massage THB 2,500

60 minutes Full-body Massage THB 2,900

### **Cleansing Facial**

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

30 minutes THB 2,000

### **Children 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 THB 300

### **Children 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 THB 400

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

60 minutes THB 2,250

75 minutes THB 2,350

All services are subject to 10 per cent service charge and seven per cent value-added tax.

For more on COMO Shambhala's vision and our other wellness centres worldwide, please visit [comoshambhala.com](http://comoshambhala.com)

# COMO SHAMBHALA PRIVATE SESSIONS FOR CHILDREN

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## Children's Yoga

30 minutes THB 1,700

60 minutes THB 2,200

## Family Yoga

60 minutes (two adults + two children with age from five years old) THB 3,600

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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.

All services are subject to 10 per cent service charge and seven per cent value-added tax.

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## EXPRESS MENU

At COMO Shambhala, we understand that time is precious – especially as we try to balance our commitments to work, family and friends. That is why we created this menu, featuring treatments that can be completed in 30 minutes or less for guests who are pressed for time. Each has been carefully honed to provide the best results in the shortest time possible.

Should you have a little more time, we recommend you turn back to our full-length menu where you can try each treatment as it was originally designed. Otherwise, read on and discover how powerful 30 minutes can be for your wellbeing.

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### MASSAGES

Each of our 30-minute massages help to relieve immediate tension and calm your busy mind with the use of our nurturing COMO Shambhala signature blended massage oils.

#### Back, Shoulder and Neck Massage

30 minutes THB 2,200

#### Hand, Arm and Shoulder Massage

30 minutes THB 2,200

#### Head, Neck and Shoulder Massage

30 minutes THB 2,200

#### Back Massage

30 minutes THB 2,200

#### Foot Acupressure Massage

30 minutes THB 1,700

### COMO Shambhala Body Scrub

This 30-minute body polish will leave skin feeling firmer, softer and revitalised.

The treatment uses our salt and sugar scrub to exfoliate dull skin cells, followed by a refreshing shower and the application of our signature COMO Shambhala Invigorate moisturising lotion.

30 minutes THB 2,500

### FACIALS

Our rejuvenating 30-minute facials are designed to give maximum results in minimum time, well-suited for those looking for a quick refresher. Our facials are suitable for all skin types, leaving you with a healthier, more radiant complexion.

#### Guinot Facial

30 minutes THB 2,500

All services are subject to 10 per cent service charge and seven per cent value-added tax.

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## TARGETED TREATMENTS

### Hydradermie Lift Eye

30 minutes THB 3,000

## NAIL CARE

### Manicure

30 minutes THB 650

45 minutes (includes nail polish) THB 950

### Pedicure

30 minutes THB 850

45 minutes (includes nail polish) THB 1,100

### Manicure and Pedicure

This quick tidy up – just 30 minutes – gives your hands and feet a quick but effective nail and cuticle tidy. Should you wish to add nail polish, the treatment will take an additional 15 minutes.

30 minutes THB 850

45 minutes (includes nail polish) THB 1,150

## MIND-BODY DISCIPLINES

COMO Shambhala offers a variety of 30-minute daily classes and activities, including yoga and fitness sessions. In-house guests are welcome to join any of these classes. Our internationally 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 wellness reception team to make your reservation.

### Meditation

Discover the healing power of meditation in a 30-minute one-on-one session that will introduce you to the basics of this ancient therapeutic tradition.

30 minutes THB 2,000

### Assisted Stretch

This 30-minute private assisted stretching session is the ideal way to finish a run or gym workout, easing general muscle tightness and increasing flexibility.

30 minutes THB 2,000

## 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.

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### 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 fitness and personal training
- Two 60-minute private yoga class
- A 60-minute group exercise class or wellness activity (timing per scheduled daily activities)
- A 60-minute Thai massage, where our therapist will maneuver your body into yoga-like stretching positions to help unblock trapped energy
- A 60-minute Foot Acupressure 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 THB 12,000, Couple THB 21,600

### 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:

- Two 30-minute private exercise class (choice of fitness or yoga)
- 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 THB 9,600, Couple THB 17,300

All services are subject to 10 per cent service charge and seven per cent value-added tax.

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### **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 fitness and personal training
- Two 30-minute private exercise class (choice of fitness or yoga)
- 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 Acupressure 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 THB 9,700, Couple THB 17,500

### **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:

- Two 30-minute private exercise class (choice of fitness or yoga)
- 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 THB 12,000, Couple THB 21,600

### **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 +66 76 360100 or email us at [csreservations.cpy@comohotels.com](mailto:csreservations.cpy@comohotels.com).

Inclusions:

- Two 30-minute private exercise class (choice of fitness or yoga)
- A 60-minute private exercise class (choice of fitness or yoga)
- Your choice of any two COMO Shambhala treatments (60 minutes each, 120 minutes total)

Single THB 12,500, Couple THB 22,500

All services are subject to 10 per cent service charge and seven per cent value-added tax.

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