



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 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.

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

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.

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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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.

