



COMO
SHAMBHALA

WELLNESS BEGINS
WITHIN

INSPIRING COMMITMENT
TO LIFELONG WELLNESS

Admission

All COMO Le Beauvallon guests aged 16 and older have complimentary use of COMO Shambhala's fitness facilities. For treatment requests for guests under the age of 16 years, please see our COMO Shambhala team for details and reservations.

Reservations

Reservations can be made at the COMO Shambhala reception or by dialling guest services on your in-room telephone. If you are calling from outside COMO Le Beauvallon, you can dial +33 94 55 78 88.

We suggest that you schedule your appointments in advance to obtain your preferred time. We will always try our best to accommodate requests for individual therapists and specialists based upon their availability.

Hours Of Service

COMO Shambhala: 10.00am to 7.00pm

Fitness Centre: 24 hours

Should you prefer the sanctuary of your room, our therapists can bring the spa experience to you. Please contact our reception team to coordinate.

Operating Hours: 100 per cent surcharge applies.

After Hours: 150 per cent surcharge applies.

To ensure we can accommodate your preferred time, please contact us in advance. All in-room and after-hours services are subject to availability.

Arrival

We recommend that you arrive at least 15 minutes prior to your appointment. 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 reschedule or cancel your appointment, please provide at least four hours' notice to avoid a full cancellation fee. Appointments not attended without prior notice will also be charged at the full treatment rate.

Valuables

Whilst locker facilities are not provided, we advise you not to bring any valuables during your visit. COMO Le Beauvallon accepts no responsibility for the loss of money or valuables with you 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.

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 TREATMENT

COMO Shambhala offers carefully curated massage treatments. Our experts are trained in a variety of massage techniques ranging from the relaxing to the invigorating.

COMO Shambhala Massage

Our signature massage 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 €210

90 minutes €250

Deep Tissue Massage

This restorative 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 €230

90 minutes €270

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 €180

90 minutes €220

Foot Acupressure Massage

Our COMO Shambhala therapists understand how the feet respond to gentle pressure. Through thumb pressure and massage on the feet, this treatment can help to stimulate the body's natural recovery process and induce deep relaxation.

60 minutes €180

90 minutes €220

Manual Lymphatic Drainage

This gentle massage helps to cleanse the body of unwanted toxins, giving your body a 'reboot' so it can function more efficiently.

60 minutes €180

90 minutes €220

FACIAL CARE

COMO Shambhala offers facial care for every skin type, including non-surgical anti-ageing facials. Through targeted protocols tailored to your unique skin care needs, we can help your skin feel firmer and smoother, restoring a youthful glow.

SUNDĀRI FACIALS

Sundāri body and skincare products adhere to Ayurvedic principles based on an ancient Eastern philosophy. By combining the finest quality natural ingredients, Sundāri delivers a holistic approach to wellness

that results in outer radiance and inner serenity. Sundāri is an essential part of a lifestyle that enables you to achieve harmony and balance in both mind and body.

Sundāri Signature Facial

Experience a bespoke journey to healthy, radiant skin. This treatment begins with a personal dosha assessment to identify your skin's unique needs. Using this insight, we custom-blend organic active ingredients to provide intensive exfoliation, deep nutrient infusion, and a restored moisture balance. The experience is completed with a signature pressure point massage for the face and scalp, combined with lymphatic stimulation to detoxify and revitalize your complexion from within.

60 minutes €190

Sundāri Brightening Facial

Restore youthful radiance and achieve a luminous glow with the groundbreaking benefits of turmeric. This treatment harnesses the exceptional properties of Turmeric to revitalize your complexion and promote a healthy, ageless appearance. Following a deep skin cleansing, a specialized Turmeric mask is applied to brighten the skin, soothe redness, and calm imperfections

60 minutes €190

Sundāri Intensive Healing Facial

Suitable for very sensitive skin, this facial utilises the purifying benefits of Neem, known in India as the 'pharmacy tree'. Organic plant extracts are combined with soothing oil to heal, hydrate and firm – restoring balance to sensitive or irritated skin, helping it to regain its youthful glow.

60 minutes €190



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