



COMO SHAMBHALA

INSPIRING COMMITMENT
TO LIFELONG WELLNESS

WELLNESS IMMERSIONS

Sometimes a quick hit isn't enough. 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. A refreshing break from the noise of the city.

COMO Shambhala Cleanse

Cultivate an approach to wellbeing that goes beyond skin-deep. This Immersion combines body treatments and massage therapies for a sense of active renewal and gentle cleansing, along with a small token to continue inspiring a healthy lifestyle at home.

Inclusions:

- A 30-minute COMO Shambhala Skin Detoxifying Treatment: a scrub, shower with our PURIFY essential 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
- 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 AUD 315, Couple AUD 545

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 touches to implement at home for better sleep patterns, which will reduce stress and restore energy long-term.

Inclusions:

- 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 Reflexology treatment, where our therapists apply gentle pressure to the body's reflex points in order to release stored tension
- A 10ml CALM essential oil blend to use in your bath later in the evening, helping you prepare for restful sleep

Single AUD 350, Couple AUD 575

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:

- A 30-minute Indian Head Massage to help relieve stress-induced tension in the head, neck and shoulder areas
- A 60-minute COMO Shambhala Massage, using our signature blended massage oils to completely calm the mind and gently rejuvenate the body
- A 30-minute body scrub using our INVIGORATE exfoliant, to remove impurities and soften the skin
- A 30-minute Sodashi 'Stop and Relax' facial, to help improve complexion and leave your skin radiant
- A 30-minute manicure or pedicure to tidy and shape your nails
- A COMO Shambhala balm of your choice to take home

Single AUD 545, Couple AUD 995

COMO Shambhala Bespoke

Choose what works for you. This Immersion is for those looking for a more personalised experience, with a choice of treatments to pair with a classic Sodashi facial. Please speak to a member of our team for more information on what options might suit you at +61 8 6168 7877 or email us at csreservations.ctt@comohotels.com.

Inclusions:

- A 60-minute Sodashi Pure Radiance facial
- Your choice of a 60-minute COMO Shambhala treatment

Single AUD 315, Couple AUD 545

COMO Shambhala Recharge

The power nap of wellness treatments, this Immersion includes simple, effective body and facial care. Spend a relaxing 90 minutes with us and leave you feeling ready to face the rest of your day.

Inclusions:

- A 60-minute COMO Shambhala Massage, using our signature blended massage oils to completely calm the mind and gently rejuvenate the body
- A 30-minute Sodashi 'Stop and Relax' facial, to help improve complexion and leave your skin radiant

Single AUD 260, Couple AUD 480

Admission

All COMO The Treasury guests aged 16 and older are welcome to receive spa treatments. 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 The Treasury, you can dial +61 8 6168 7877. 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. For non-staying guests, full payment is required upon booking.

Hours Of Service

COMO Shambhala: 10.00am – 6.00pm daily

All in-room treatments during opening hours incur an additional charge of AUD 40. 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 surcharge of 50 per cent applies to appointments made outside of our usual hours.

Charges

Please note that all treatments and services provided on Sundays will incur an additional 10 per cent charge. Public holidays will incur an additional 15 per cent charge.

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.

Cancellation Policy

Should you wish to cancel an appointment, please let us know at least 24 hours beforehand or a full cancellation fee will be charged. No-shows will be also charged at the full treatment price.

Valuables

We advise you not to bring any valuables during your visit. COMO The Treasury 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.

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.



COMO
THE TREASURY