



COMO SHAMBHALA

INSPIRING COMMITMENT  
TO LIFELONG WELLNESS

**Admission**

All COMO Metropolitan London guests aged 16 and older have complimentary use of COMO Shambhala's wellness facilities including the fitness centre, steam room and locker room. 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 Urban Escape Wellness reception or by dialling COMO Shambhala Wellness Reception at extension 5750 on your in-room telephone. If calling from outside COMO Metropolitan London, you can dial +44 20 7447 5750. 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: 9.30am – 7.30pm

Fitness Centre: 24 hours

All in-room treatments during opening hours incur an additional charge of £30.00. Should you wish to schedule a treatment outside of our usual hours, please contact the COMO Shambhala Wellness reception team at least 24 hours in advance for arrangement. An additional charge of £50.00 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 24 hours beforehand or a full 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 Metropolitan London 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 inclusive of 20% VAT.

**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 £120.00

75 minutes £135.00

90 minutes £155.00

\*Our COMO Shambhala therapists have been trained and are accredited by Wellness for Cancer to work with individuals touched by cancer. Please let us know if you would like a modified treatment.

### **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 £130.00

75 minutes £145.00

90 minutes £165.00

### **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.

60 minutes £120.00

75 minutes £135.00

90 minutes £155.00

### **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 £120.00

### **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 £120.00

### **Shiatsu**

This Japanese massage uses targeted stimulation of the body's pressure points to simultaneously invigorate and relax the muscles. The treatment combines stretching, palming and mobilising movements to release muscular tension at the deepest level.

60 minutes £135.00

75 minutes £150.00

90 minutes £170.00

### **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 £130.00

75 minutes £145.00

90 minutes £165.00

### **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 £120.00

75 minutes £135.00

90 minutes £155.00

### **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 £168.00

## ACUPUNCTURE

Acupuncture is an integral element of Oriental Medicine, involving the gentle insertion of fine needles into specific points on the body's meridians. These are channels through which the body's vital energy – known as Qi – travels. The process stimulates our healing responses, helping to rebalance the body. The immune system is given a powerful boost, alleviating deep-set tensions and restoring energy flow.

Acupuncture can provide effective support for a number of health issues, including insomnia, poor digestion, stress relief and fertility challenges.

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### **Acupuncture**

Each COMO Shambhala acupuncture session is tailored to the individual requirements of the guest, whether that's helping with anxiety or offering effective pain relief. Please speak to us about how our acupuncture specialists can help you.

60 minutes £145.00 (includes consultation for first time guests)  
45 minutes £120.00 (follow up treatment)

### **Facial Acupuncture**

Facial acupuncture improves blood circulation around the face. This assists to improve the skin's tone and texture, leaving you with a youthful glow.

45 minutes £120.00  
(includes décolleté and neck massage and consultation for first time guests)  
30 minutes £95.00  
(add on to any facial treatment)

### **Acupuncture and Shiatsu Combination**

This treatment releases muscular tension through powerful stimulation of the body's pressure points – both by using fine needles and through firm touch. This helps to promote a deep sense of restoration and relaxation.

75 minutes £160.00 (includes consultation)  
90 minutes £180.00 (includes consultation)

## 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 £210.00

### **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 £130.00

90 minutes (with 30 minutes  
massage) £165.00

120 minutes (with 60 minutes  
massage) £210.00

## 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 Mondin, 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.

### **HYDRADERM CELLULAR ENERGY**

#### **Guinot Hydradermie Youth (The Advanced Complexion Rejuvenating Treatment)**

This revolutionary treatment provides an effective alternative to aesthetic surgery. Using dynamic ionisation and thermal energy, this patented technology encourages the skin's cellular energy. A variety of prescriptive gels customised to suit individual skin types means this unique treatment can achieve a beautifully enhanced, rejuvenated complexion with clinically-proven results after just one treatment.  
75 minutes £117.00

#### **Guinot Hydradermie Age Logic (The Anti- Ageing Star Treatment)**

This specially designed anti-ageing Hydradermie facial focuses on the eyes, face and neck to target signs of ageing. This treatment is clinically proven to decrease wrinkle depth by up to 49.5 per cent.  
90 minutes £152.00

#### **Guinot Hydradermie Lift (The "Instant Lifting" Treatment)**

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.  
75 minutes £117.00

#### **Guinot Hydradermie Lift Deluxe (The Ultimate Lifting Treatment)**

This ultimate lifting treatment combines Hydraderm Age Logic and the Hydraderm Lift to leave your skin looking refreshed and radiant. The stimulation of facial muscles gives an immediate lift to the face, adding firmness and leaving the skin with a youthful glow.  
120 minutes £187.00

#### **Guinot Hydradermie Lift Rapide**

This treatment is ideal for those who are looking for quick, visible results. The treatment uses invigorating, cleansing and facial muscle stimulation to tone and firm the skin, leaving it feeling nourished, revived and rejuvenated.  
45 minutes £92.00

#### **Guinot Eye Lift (The Ultimate Eye Lifting Treatment)**

This treatment targets signs of ageing and tiredness around the delicate eye area, including fine lines, wrinkles, puffiness and dark circles. It uses an expert combination of machine technology, a hands-on massage and a specially designed eye mask soaked in a concentrated skin repair serum for maximum effectiveness.  
40 minutes £85.00



## **MANUAL FACIAL TREATMENTS**

### **Guinot Lift Summum (The Firming, Lifting Treatment)**

This exclusive firming treatment immediately helps reduce signs of fatigue and ageing, focusing on the face, neck and décolletage. The unique stimulating massage visibly lifts and firms while the active ingredient, collagen, helps to improve elasticity. The treatment also diminishes the appearance of fine lines, while the unique face and décolleté masks restore a youthful appearance.

60 minutes £125.00

### **Guinot Age Summum (The Anti-Ageing Treatment)**

Guinot Age Summum is the pinnacle of anti-ageing treatments, using pure Vitamin C, Hyaluronic Acid and ProCollagen to target the signs of ageing. Active ingredients penetrate the skin using the exclusive Age Summum anti-ageing facial massage. Fine lines and wrinkles are smoothed and the skin's youthful radiance is restored.

60 minutes £125.00

### **Guinot Hydra Peeling (The Skin Renewal Treatment)**

This treatment has been developed by Guinot to allow those with sensitive skin to enjoy the benefits of an enhanced cellular regeneration peel. After just one treatment, the complexion is more radiant and even-toned, while skin feels softer and smoother. Hydra Peeling has two PH-sensitive peeling options that are prescribed based on the your beauty goals and level of skin sensitivity, making it suitable for every skin type.

60 minutes £115.00

Course of three treatments £300.00

Please note: All skin types will require a patch test 24 hours prior to treatment. Hydra Peeling with Hydrabrasion for sensitive skin does not require a patch test.

### **Guinot DétOxygène (The Anti-Pollution Treatment)**

An exclusive treatment that harnesses the power of nature to detoxify and oxygenate - ideal for city living or suffocated skin. Pro-Oxygen stimulates cellular respiration while the following natural green clay mask absorbs toxins on the skin's surface. This anti-pollution treatment is designed for dull or lifeless skin and incorporates a Serenity Massage to promote lymphatic drainage, leaving skin fresh and clear.

50 minutes £92.00

### **BESPOKE GUINOT TREATMENT**

Arrange a bespoke combination of Guinot treatments, starting with a consultation with our therapist to plan what is best for your needs.

105 minutes £177.00

### **GUINOT FACIAL COURSES**

#### **Complete Youth**

For the ultimate anti-ageing treatment course, one manual and two machine treatments are combined to enhance and complement each other for visible and clinically proven results. This trio of treatments will help to reveal radiance, leave skin visibly firmer and reduce fine lines and wrinkles to restore the skin's youthful complexion.

Week one: Guinot Hydradermie Youth

Week two: Guinot Age Summum

Week three: Guinot Hydradermie Lift

Total 210 minutes £325.00

Please note: All treatments must be completed within a month

#### **Complete Lifting**

The ultimate facial course for those wanting to firm and lift the facial contours and streamline delicate features. By stimulating the facial muscles and applying active ingredients Collagen XVIII and Biopeptides skin regains its tone and surface wrinkles are faded to reveal "sculpted", lifted and more youthful skin.

Week one: Guinot Lift Summum

Week two: Guinot Hydradermie Lift

Week three: Guinot Eye Lift

Total 175 minutes £295.00

Please note: All treatments must be completed within a month

### **DR HAUSCHKA FACIAL**

**Dr. Hauschka Skin Care has been offering a certified natural skincare line since 1967. Using only pure and ethically-obtained ingredients, the holistic products work in tandem with the experienced touch of our wellbeing experts.**

#### **Dr Hauschka Classic Treatment**

This head-to-toe therapeutic journey works to balance the skin, calm the mind and relax the body. Tired feet are soothed with a sage foot bath as well as a gentle leg and foot massage, whilst arms are stretched to encourage deep breathing and relaxation. The skin is prepared for rejuvenation through a combination of aromatherapy and a sweet almond meal cleanser before our therapists apply two purifying masks. Gentle lymph stimulation is applied to promote skin health from within, leaving your body restored and refreshed.

120 minutes £207.00

#### **Dr Hauschka Relaxation Treatment**

The Dr. Hauschka Relaxation Treatment helps tension melt away. Tired feet are soothed with an aromatherapy footbath and gentle leg and foot strokes, while arms are stretched to encourage deep breathing and relaxation. Skin is gently cleansed, then given a deeply nurturing custom mask. Signature lymphatic stimulation is performed to help promote internal skin health, relaxation and radiant beauty

90 minutes £152.00

#### **Dr Hauschka Cleansing Treatment**

The Dr. Hauschka Cleansing Treatment brings clarity to skin that is out of balance, resulting in a healthy even glow. An aromatherapy footbath helps to draw energy and stress from the mind, while herbal-infused steam and a clay face mask lift and remove impurities. Lymphatic stimulation encourages the draining of toxins from the body, leaving you cleansed and revitalised.

75 minutes £132.00

#### **Dr Hauschka Holistic Treatment**

This Dr. Hauschka Holistic Treatment is a nurturing, deep-acting facial that greatly improves your complexion. Our experts will work with you to create a focus suited to your individual skincare needs, with lymphatic stimulation assisting to drain toxins and cleanse your face. Together, you will find a balance between a deep cleanse, aimed at restoring balance and harmony to the skin, and a more relaxing treatment to induce a smooth, refreshed feeling of natural beauty.

60 minutes £115.00

## BEAUTY CARE

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

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### **NAIL CARE**

**Nourishing treatments for hands and feet that use soothing massage and gentle scrubs to tide cuticles and nails.**

#### **Classic Manicure**

This traditional manicure begins with nail shaping and cuticle work to tidy up your nails. This is followed by the use of scrub and lotion to gently exfoliate and massage your hand and arms, leaving skin feeling smooth. The manicure finishes with the application of a colour of your choice.

60 minutes £65.00

#### **Classic Pedicure**

This relaxing pedicure begins with a gentle foot soak, scrub, cuticle work and nail shaping. This is followed by an invigorating massage and foot mask to leave feet feeling refreshed, before your colour of choice is applied to finish the treatment.

75 minutes £80.00

### **HOT WAX**

#### **Bikini**

£35.00

#### **G-String**

£45.00

#### **Brazilian (Hollywood)**

£55.00

#### **Underarm**

£30.00

#### **Lip or Chin**

£20.00

### **STRIP WAX**

#### **Half leg**

£35.00

#### **Full leg**

£50.00

#### **Half arm**

£35.00

#### **Full arm**

£45.00

#### **Back**

£50.00

### **LASH AND EYEBROW**

**We offer expert care to ensure that your eyelashes and eyebrows are in excellent condition.**

### **TINTING**

#### **Eyebrow**

15 minutes £20.00

#### **Eyelash**

25 minutes £30.00

#### **Eyebrow and eyelash**

30 minutes £40.00

### **EYE BROW SHAPING**

#### **Eyebrow Shaping With Tweezer**

20 minutes £25.00

#### **Eyebrow (with hot wax)**

20 minutes £20.00

## MIND & BODY DISCIPLINE

COMO Shambhala offers a variety of classes and activities, including yoga, Pilates 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 COMO Shambhala Ojas Wellness Centre 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 £125.00

60 minutes (couple) £185.00

Additional (third onwards)

£60.00 per person

### **Meditation**

Discover the healing and relaxing power of this ancient therapeutic tradition, through one-on-one sessions.

60 minutes £125.00

60 minutes (couple) £185.00

Additional (third onwards)

£60.00 per person

### **Pranayama**

Pranayama is an art that practises breathing control, enabling optimum health and calm by increasing oxygen flow.

60 minutes £125.00

60 minutes (couple) £185.00

Additional (third onwards)

£60.00 per person

### **Pranayama and Meditation (Combination)**

Learn how to breathe effectively with Pranayama – the art of breath control – which enables optimum health by better supplying the body and its various organs with oxygen. Combine this with meditation for a dual practice that has the power to both invigorate the body and relax the mind.

60 minutes £125.00

60 minutes (couple) £185.00

Additional (third onwards)

£60.00 per person

### **Family Yoga**

This family class incorporates a yoga lesson for two adults and two children over the age of five. 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) £125.00

### **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 a programme best suited to their goals.

60 minutes £125.00

## 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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### 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 £120.00

75 minutes £135.00

90 minutes £155.00

### 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 £130.00

75 minutes £145.00

90 minutes £165.00

### 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 £130.00

75 minutes £145.00

90 minutes £165.00

### 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 £120.00

### 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 £165.00

120 minutes £220.00

## **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 £130.00

90 minutes (with 30 minutes massage) £165.00

120 minutes (with 60 minutes massage) £210.00

## **FACIAL CARE**

### **Guinot Hydradermie Youth (The Advanced Complexion Rejuvenating Treatment)**

This revolutionary treatment provides an effective alternative to aesthetic surgery. Using dynamic ionisation and thermal energy, this patented technology encourages the skin's cellular energy. A variety of prescriptive gels customised to suit individual skin types means this unique treatment can achieve a beautifully enhanced, rejuvenated complexion with clinically-proven results after just one treatment.

75 minutes £117.00

### **Dr Hauschka Holistic Treatment**

This Dr. Hauschka Holistic Treatment is a nurturing, deep-acting facial that greatly improves your complexion. Our experts will work with you to create a focus suited to your individual skincare needs, with lymphatic stimulation assisting to drain toxins and cleanse your face. Together, you will find a balance between a deep cleanse, aimed at restoring balance and harmony to the skin, and a more relaxing treatment to induce a smooth, refreshed feeling of natural beauty.

60 minutes £115.00

## **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 £35.00

### **Pedicure**

This relaxing 45-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.

45 minutes £50.00



## 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 £60.00

45 minutes Full-body Massage £80.00

60 minutes Full-body Massage £100.00

### **Cleansing Facial**

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

30 minutes £60.00

### **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 £30.00

### **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 £30.00

### **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 £85.00

75 minutes £105.00

# COMO SHAMBHALA PRIVATE SESSIONS FOR CHILDREN

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## Children's Yoga

60 minutes £125.00

## Family Yoga

60 minutes (two adults + two children with age from five years old) £215.00

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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.

## 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 £70.00

#### Hand, Arm and Shoulder Massage

30 minutes £70.00

#### Head, Neck and Shoulder Massage

30 minutes £70.00

#### Foot Acupressure Massage

30 minutes £70.00

### 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 £75.00

### 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.

#### Dr Hauschka Express Facial

30 minutes £70.00

#### Guinot Express Facial

30 minutes £70.00

### TARGETED TREATMENTS

#### Guinot Eye Lift

40 minutes £85.00

## **NAIL CARE**

### **Essential Manicure**

30 minutes £35.00

45 minutes (includes nail polish) £50.00

### **Essential Pedicure**

30 minutes £35.00

45 minutes (includes nail polish) £50.00

### **Mini Manicure and Pedicure**

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

30 minutes £35.00

45 minutes (includes nail polish) £50.00

## WELLNESS SPECIALISTS

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### **ILIE NEAGU**

#### **Remedial Massage Therapist**

Ilie Neagu originally qualified as a physiotherapy nurse in his home country of Romania. He is also qualified in sports, deep tissue and Swedish massage. At COMO Shambhala Urban Escape, Ilie combines various techniques into his remedial massage therapy – a treatment designed to bring the body back to optimum health following strain or injury by increasing blood and lymphatic flow in the affected areas. Ilie is particularly effective in treating headaches, repetitive strain injuries and scar tissue sprains.

#### **Bespoke Integrated Remedial Massage by Ilie – 90 minutes**

This deep massage is the perfect accompaniment to any activity – as a great warm-up prior to sports, or afterwards to aid in your recovery. You will also receive one complimentary Remedial Massage for every six purchased.

The initial consultation with a postural assessment lasts 15 minutes, followed by a 75-minute integrated remedial massage. Ilie will also offer post-treatment advice for your personal lifestyle.

### **ROBINA AVAKIAN**

#### **Guinot Skincare Therapist**

Robina Avakian is a skin therapist with over 28 years of experience. She has worked with dermatologists in renowned London beauty clinics, acquiring high-grade qualifications and experience in the field. She specialises in skincare knowledge, treatments and products.

Many of Robina's clients have remained loyal to her for over 20 years due to her caring, respectful personality, obvious passion and technical skillset. Robina's clients – including high-profile individuals and celebrities from around the world – often visit her in London for their routine skin wellbeing treatments.

#### **Bespoke Age-Defying Facial by Robina – 120 minutes**

This treatment is tailored to your individual skin concerns, whether dryness, pigmentation, or loss of firmness. The treatment encourages radiant, plump, glowing skin for a more youthful appearance. For best results, this facial should be performed every four weeks with Robina's recommended follow up plan.

You'll receive a 15-minute consultation, followed by a 105-minute facial treatment.

Follow up treatments are recommended to take place once a week for two weeks – with the 60-minute Lift Summum or 60-minute Age Summum.

## **YASUKO HAYASHI**

### **Therapist**

Yasuko is a therapist with 20 years of experience across Japan and the UK. She joined COMO Shambhala Urban Escape 17 years ago. Her holistic therapy routine involves stimulating pressure points to strengthen and restore the body's energies to a state of balance. It also helps deeply relax the body by loosening profound muscular tension.

At COMO Shambhala, Yasuko focuses on deep tissue, reflexology and prenatal massage, as well as body scrubs and facial treatments. Her specialised techniques help clients to reach and maintain a state of physical and mental wellbeing.

### **Bespoke Reflexology and Dr Hauschka Facial Treatment by Yasuko – 120 minutes**

Yasuko works with each person as an individual and customises her massage and facial care with consideration of each client's particular needs and preferences. Her reflexology massage releases tension in the feet while Dr Hauschka facial treatment aims to restore balance in the skin and improve your complexion.

The treatment includes a 15-minute consultation, followed by a 45-minute reflexology therapy and a 60-minute Dr. Hauschka Facial.

## **LOUISE MARJOLIN**

### **Guinot Skincare Therapist**

Louise Marjolin is a Guinot consultant with over 20 years of experience.

As well as working in other five-star establishments, Louise spent 15 years working for Guinot in their own flagship salon in Mayfair. Louise joined COMO Shambhala five years ago, bringing loyal clients with her, many of whom have been following Louise throughout her career. Louise values specificity in her treatments, always prescribing facials to suit clients' skin at a particular time and providing homecare tips for their personal routine.

### **Bespoke Brightening Facial by Louise – 120 minutes**

Louise will prepare a series of facials best suited for your skin type, typically consisting of Hydradermie and Hydra Peel facials but customisable for individual needs.

Each session involves a 15-minute consultation, followed by a 105-minute facial treatment. We recommend follow up treatments every three weeks for best results.

## **TOMOKO MIYAKE**

### **Acupuncture and Shiatsu Practitioner**

Tomoko has over 20 years of experience across Japan and the UK, offering acupuncture, moxibustion, reflexology and manual lymphatic drainage. She is known for using a combination of shiatsu and acupuncture to stimulate the body's self-healing ability. Tomoko's specialisations include concerns of stress, anxiety, depression, grief, hormonal imbalances, acute pain, muscle release and gastric issues.

Tomoko graduated a three-year course in Acupuncture, Moxibustion and Physiotherapy in 2001 from the Japan School of Acupuncture, Moxibustion and Physiotherapy in Tokyo. She is licensed by the Japanese Ministry of Health. Tomoko also offers holistic beauty treatments like facial rejuvenation acupuncture and "kobido": a Japanese face lifting massage.

### **Shiatsu**

60 minutes £135.00

75 minutes £150.00

90 minutes £170.00

### **Acupuncture**

45 minutes £120.00

60 minutes £145.00

### **Acupuncture and Shiatsu combination**

75 minutes £160.00

90 minutes £180.00

### **Facial Acupuncture**

30 minutes £95.00

(add on to any facial treatment)

45 minutes £120.00

(including décolleté and neck massage)

## **FARIDA MAFHOUM**

### **Beauty Therapist**

Farida Mafhoum has 10 years of experience as a beauty therapist. Before starting at COMO Shambhala Urban Escape, she worked in other five-star London wellness centres. Farida is trained in our COMO Shambhala Signature Massage as well as Dr Hauschka and Guinot facials. With her Moroccan roots, Farida is passionate about skin treatments like body scrubs – a tradition passed from one generation to the next in Morocco.

## **SIMON FLANNERY**

### **Reflexologist**

Simon Flannery has 22 years of experience in the health and wellness industry as a freelance personal trainer, qualified reflexologist and masseuse.

Simon first learnt Rho Shur reflexology in Penang, Malaysia during his extensive travels through Southeast Asia. Rho Shur is a much deeper style of reflexology that uses very firm pressure to go deeper than conventional reflexology styles. The focus of Simon's practice is creating a state of balance in the body, as relaxation is the first step in allowing the body to heal itself. He has treated clients suffering from ailments including digestive problems, fertility issues, poor circulation, migraines and stress.

As a personal trainer based at COMO Metropolitan London for 17 years, Simon has a gentle, intuitive approach. He uses his experience from several marathons, triathlons and biking events to prescribe exercises that prevent injury and rehabilitate existing injuries.

Simon is available on Wednesday and Thursday each week.

### **Bespoke Fitness Therapy**

£265.00 per person or £470.00 per couple

A fitness-focused two-hour session that combines exercise and Reflexology therapy to support pain relief, nerve stimulation, blood flow, migraine relief, and so much more.

The session includes a 15-minute fitness consultation, followed by a 45-minute personal training session on the gym floor; then a 60-minute Reflexology therapy at COMO Shambhala.

## **LYNDON LITTLEFAIR**

### **Post-natal exercise and recovery specialist**

Lyndon Littlefair has 20 years of experience helping new mothers recover. His session was recently voted 'Best for Easing Back into the Gym After Having a Baby' by Tatler. Lyndon's approach is holistic: he provides corrective exercise support along with lifestyle coaching and stress reduction methods to help his clients achieve their goals.

Lyndon's strong belief that each post-partum body is unique forms the basis of his work. He closely assesses individuals' specific physical and emotional state, in order to help their body begin the recovery process.

### **The Post Baby MOT Therapy**

Throughout the MOT, Lyndon works on the spine and pelvic alignment, helping strengthen abdominal activation, control and strength. He will also work with you on lifestyle patterns and nutrition, to create a plan on how to increase your energy and quality sleep.

90-minute session is priced at £165.00

Follow up session of 60mins is priced at £140.00

### **Post-baby Revival Package**

£399.00 per person

The Post-baby Revival aims to set you on a course of physical wellbeing by providing insight into your fitness and nutritional needs after pregnancy. During the initial 90-minute wellness consultation, Lyndon will carry out a comprehensive post-baby health assessment in order to offer personalised nutritional and lifestyle advice.

This is followed by a 60-minute session where Lyndon guides you through a personalised exercise programme, designed to help you safely regain your fitness. You can also enjoy a 60-minute COMO Shambhala Massage, a nutritious COMO Shambhala Juice and a wellness gift to take home.



## **SUSAN KING**

### **Intuitive Counsellor | Online sessions**

Susan King has over 20 years of experience in Intuitive Counselling with a dedicated international following, including endorsements from celebrities such as Oprah Winfrey. Susan has been a consultant with COMO Shambhala for 18 years. She has been a columnist for leading publications including US Elle and Marie Claire, and has hosted her own TV show in the UK.

Intuitive Counselling helps you to see clearly and helps you to look at your life in a different way that you have previously. Susan helps her clients examine their past, present and future to help them gain new perspective on issues including relationships, personal fears and anxieties, career ambitions and financial concerns.

Online consultations only by appointment through COMO Shambhala

Susan is available by appointment only

## **FRANCESCA RAFFA**

Francesca Raffa is an accredited Reiki Master, certified Meditation Teacher and Healing Herb Practitioner that specialises in creating a space to connect, heal and transform. Her sessions treat the body as a whole with physical, emotional, mental and spiritual aspects. She uses intuitive, experienced technique to clear blocked energies within the body to restore a state of natural balance, tailored to individual needs. Energy healing therapy is recommended for pain relief and rehabilitation, as well as to maintain overall wellbeing.

Francesca studied at the Counselling and Psychotherapy Academy (CPTA) in London. She then immersed herself in Meditation Diploma, Energetic Herbalism, Reiki Usui and Reiki Seichem, Colour Therapy, Sound Healing and Shamanic practices.

60 minutes £165.00

Francesca is available on Mondays.

## **PER VAN SPALL**

### **QiGong Master | Online sessions**

Per van Spall is a certified master in the art of Qigong healing – a branch of traditional Chinese medicine designed to unblock, free and balance chi, or 'energy'. He uses a personalised, gentle approach of body-mind guidance to promote physical well-being, spiritual growth and emotional healing. He has a deep understanding of both Western rationalism and Eastern spiritualism, facilitating a comfortable, supportive introduction to energy healing.

Per is able to intuitively locate and reduce mental, emotional and physical blockages in the body, which contribute to stress, instability, fatigue, and health ailments. Restoring internal alignment and balance alleviates these chronic issues and fosters a renewed sense of peace, clarity and vitality.

Online consultations only by appointment through COMO Shambhala.

## 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.

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### Be Active

Kick-start an active lifestyle you can sustain, armed with new insights about your body. This Immersion begins with a fitness consultation, where our consultant will recommend a targeted fitness plan based on your physiology and goals. Enjoy one-on-one guidance, a massage to restore your muscles and some finishing COMO Shambhala touches to continue your journey back home.

Inclusions:

- Your choice of:
  - A 15-minute consultation to discuss your personal fitness plan and a 45-minute personal training session or
  - A 60-minute private yoga class
- Your choice of a 60-minute massage:
  - Sports – ideal before and after physical activity to help prevent injury, maintain optimal condition, and speed recovery after a workout
  - Deep Tissue – allowing for the release of deeply held patterns of tension while helping drain the body of toxins
  - Reflexology – applying gentle pressure to the body's reflex points in order to induce release stored tension
- A glass of COMO Shambhala Muscle Milk – a blend of banana, coconut milk and other enriching ingredients designed to speed recovery by reducing inflammation and replenishing nutrients

Single: £260.00, Couple: £495.00

### 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: £215.00, Couple: £395.00

### **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 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: £265.00, Couple: £490.00

### **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 60-minute COMO Shambhala Massage, using our signature blended massage oils that assist to 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 30min Dr. Hauschka Holistic Facial OR Guinot Express Facial, a nurturing and deep-acting facial that greatly improves your complexion
- A 30-minute manicure or pedicure to tidy and shape your nails
- A COMO Shambhala balm of your choice to take home

Single: £290.00, Couple: £540.00

### **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 Dr. Hauschka Holistic Facial. Please speak to a member of our team for more information on what options might suit you at +44207 447 5750 or email us at [met.lon@comoshambhala.com](mailto:met.lon@comoshambhala.com).

Inclusions:

- A 60-minute Dr. Hauschka Holistic Facial
- Your choice of a 60-minute COMO Shambhala massage or body treatment

Single £230.00, Couple £423.00

### **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 that assist to calm the mind and gently rejuvenate the body
- A 30-minute Dr. Hauschka Express OR Guinot Express facial, to help improve complexion and leave your skin radiant

Single £185.00, Couple £345.00



COMO  
METROPOLITAN  
LONDON