



COMO
SHAMBHALA

WELLNESS BEGINS
WITHIN

INSPIRING COMMITMENT
TO LIFELONG WELLNESS

Admission

All COMO Uma Paro 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 Wellness reception or by dialling guest services on your in-room telephone. If calling from outside COMO Uma Paro, you can dial +975 8271 597. 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: 9.00am – 9.00pm

Swimming Pool: 7.00am – 8.00pm

Fitness Centre: 7.00am – 9.00pm

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 US\$35 applies to appointments made outside of our usual hours. Should you wish to use the Fitness Centre beyond operating hours please contact the Front Desk.

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 Uma Paro 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 prevailing government 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 treatments. Our experts are trained in a variety of massage techniques ranging from the relaxing to the invigorating.

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.

75 minutes US\$130

90 minutes US\$150

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.

75 minutes US\$135

90 minutes US\$155

Prenatal Massage

Our Prenatal Massage is a specially designed treatment for all stages of pregnancy after the first trimester. It includes a full body and facial massage. Pregnancy support cushions are used throughout to ensure total comfort.

75 minutes US\$130

Drainage Massage

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

60 minutes US\$120

75 minutes US\$130

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.

75 minutes US\$130

90 minutes US\$150

Indian Head Massage

Beginning in a seated position with a focus on the head, neck and shoulder area, this tension-releasing massage uses pressure points and deep tissue techniques to ease tight muscles. A gentle facial massage of the nine Marma facial points is also included.

60 minutes US\$110

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 US\$110

Hot River Stone Massage

COMO Shambhala's Hot River Stone Massage is a powerful therapeutic treatment where smooth, warm oiled stones are used to ease tension and promote a deep state of relaxation. By firmly gliding the stones along the muscles, the massage relieves tensions and deep-held muscular knots. The treatment also involves dynamic stretches.

90 minutes US\$200

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 US\$220

BODY THERAPY

Body therapy at COMO Shambhala comprises a range of treatments that help tone, detoxify and revitalise, while providing a relaxing experience.

COMO Shambhala Bath

Our cleansing COMO Shambhala Bath treatment gently exfoliates and softens the skin. After dry brushing your body, our therapists will apply COMO Shambhala's Body Scrub. Once this has been absorbed into the skin, enjoy an invigorating bath before the session concludes with our signature COMO Shambhala Massage.

120 minutes US\$195

COMO Shambhala Skin Detoxifying Treatment

Designed to improve circulation and skin tone, our COMO Shambhala Skin Detoxifying treatment helps to cleanse and revive tired skin. Using our signature products to exfoliate and moisturise, this therapy stimulates the lymphatic system to restore a healthy glow.

45 minutes US\$100

75 minutes (with 30 minutes
massage) US\$150

105 minutes (with 60 minutes
massage) US\$195

Bhutanese Traditional Hot Stone Bath and Massage

Our popular Bhutanese Traditional Hot Stone Bath and Massage treatment uses heated river stones to help relieve deep-set aches and pains. The treatment concludes with our signature COMO Shambhala Massage, where long massage strokes help relieve lingering aches.

90 minutes US\$250

90 minutes (couple) US\$350

AYURVEDA THERAPY

Ayurveda means ‘the science or knowledge of life’ and is an ancient system of Indian holistic health care. Ayurvedic wellness aims to restore the body to a natural state of equilibrium by rectifying imbalances in the body’s constitution. Benefits include weight loss, stress relief and detoxification.

To get the best results, we suggest taking three sessions, as each session will build upon the benefits of the previous one to provide longer-lasting results.

Abhyanga

Abhyanga is a rhythmic Ayurvedic massage that uses warm herbal oils to help energise the body and improve circulation. As impurities and toxins loosen from the muscles, it helps to enhance the body’s immunity while inducing a state of deep relaxation in the mind.

60 minutes US\$130

90 minutes US\$180

Pizichil

During a Pizichil therapy, warm herbal oil is continuously poured over the entire body. Our COMO Shambhala experts combine this Ayurvedic treatment with a soothing massage to create a rejuvenating therapy that counteracts everyday stress.

60 minutes US\$150

90 minutes US\$210

Shirodhara

Shirodhara is an Ayurvedic treatment that helps to improve focus, concentration and relaxation. After a gentle massage to the neck and shoulder areas, warm oil is poured in a steady stream over the forehead. This deeply calming practice quiets the mind and the senses, helping to improve mental clarity and comprehension.

60 minutes US\$130

Ayurvedic Scalp and Face Massage

This Scalp and Face Massage gives skin a deep cleanse while also revitalising dry, brittle hair. This refreshing treatment includes a medicated oil massage, herbal compress and cooling face mask.

60 minutes US\$100

MIND & BODY DISCIPLINE

COMO Shambhala offers a variety of yoga classes, including pranayama and meditation. In-house guests are welcome to join any of these classes. Our accredited teachers are also available upon request for private sessions. Please refer to the COMO Shambhala Schedule of Activities or approach our wellness reception team.

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. Our yoga expert works closely with you to design a program for your specific needs.

60 minutes US\$100

60 minutes (couple) US\$120

Additional (third onwards)
US\$35 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) US\$150

Meditation

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

60 minutes US\$100

60 minutes (couple) US\$120

Additional (third onwards)
US\$35 per person

Pranayama

Breathwork - or Pranayama in Sanskrit - is an art that practises breathing control, enabling optimum health and calm by increasing oxygen flow.

60 minutes US\$100

60 minutes (couple) US\$120

Additional (third onwards)
US\$35 per person

Pranayama and Meditation (Combination)

Learn how to breathe effectively with Breathwork – 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 US\$100

60 minutes (couple) US\$120

Additional (third onwards)
US\$35 per person

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.

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.

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60 minutes US\$110

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.

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 US\$45

45 minutes Full-body Massage US\$68

60 minutes Full-body Massage US\$90

COMO SHAMBHALA PRIVATE SESSIONS FOR CHILDREN

Children's Yoga

30 minutes US\$45

60 minutes US\$90

Family Yoga

60 minutes (two adults + two children with age from five years old) US\$150

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.

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 Massage

30 minutes US\$62

Foot Acupressure Massage

30 minutes US\$62

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 US\$60

WELLNESS SPECIALISTS

CHAINGA DORJI

Yoga Teacher

Chainga Dorji is a yoga expert who specialises in yoga therapy, meditation and Pranayama. He also promotes harmony in all aspects of life, encouraging clients to trust, love nature, prosper, appreciate relationships and be happy.

Chainga can assist with stress management, diabetic disorders, epilepsy, asthma, hypertension, arthritis, back and joint pain, and headaches. His empowering attitude inspires others and promotes positivity, resulting in a healthier approach to wellness. Clients' needs are always fulfilled during sessions, and they leave relaxed and satisfied.

60 minutes US\$100

60 minutes (couple) US\$120

Additional (third onwards)

US\$35 per person

WELLNESS PACKAGES

Restorative wellness takes time. Our COMO Shambhala Packages are longer, curated experiences that combine multiple treatments and modalities to offer targeted benefits – while still being achievable in a day.

COMO Shambhala Active

Kick-start an active lifestyle you can sustain, armed with new insights about your body. This package incorporates an exercise session and treatments designed to benefit an active lifestyle.

Inclusions:

- A 60-minute group exercise class or wellness activity (timing per schedule 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 massage, 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 US\$158, Couple US\$284

COMO Shambhala Cleanse

Cultivate an approach to wellbeing that goes beyond skin-deep. This package 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:

- A 60-minute group exercise class or wellness activity (timing per schedule 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 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 US\$174, Couple US\$313

COMO Shambhala Sleep

Sleep is one of the most important components of wellness. This package 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 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 massage, where our therapists apply gentle pressure to the body's reflex points in order to rebalance your senses
- A 10ml SLEEP essential oil blend to use in your bath later in the evening, helping you prepare for restful sleep

Single US\$250, Couple US\$450



COMO
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