



COMO
SHAMBHALA

WELLNESS BEGINS
WITHIN

INSPIRING COMMITMENT
TO LIFELONG WELLNESS

Admission

All COMO Uma Punakha 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 Uma Punakha, you can dial +975 2584 688. 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: 12.00pm – 9.00pm

Should you wish to schedule a treatment outside of our usual hours, please contact the COMO Shambhala Retreat Wellness reception team in advance for arrangement. An additional charge of US\$35 applies to appointments made outside of our usual hours.

Arrival

We recommend that you arrive at least five minutes prior to relax and enjoy our welcome drink. 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

We advise you not to bring any valuables during your visit. COMO Uma Punakha 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

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

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

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

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 USD 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

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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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

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 Urban Escape.
- 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



COMO
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UMA PUNAKHA