

COMO Shambhala Wellness Juices

Sweeter Extractions

Rp 85,000

Waterfall

Reduces internal heat, hydrates and relieves headaches

Watermelon, cucumber and mint

Liver Flush

Supports detoxification and counteracts inflammation and cellular damage

Orange, lemon, lime, turmeric, ginger, garlic, cayenne and coconut oil

Blood Builder

Oxygenates the blood, improves circulatory flow and boosts immunity

Beetroot, carrot, apple, ginger and turmeric

Lean and Clean Greens

Nourishes lean body mass, energizes and encourages the removal of impurities

Cucumber, apple, spinach, celery, fennel, green pepper and spirulina powder

Vegetable-Based Extractions

Rp 85,000

Stress Reliever

Calms the nervous system and balances hormones

Carrot, apple, red grapes, spinach, fennel and ginger

Lymph Purifier

Supports blood and tissue cleansing

Cucumber, celery, kale, fennel, ginger and lemon

Body Armour

Repels free radicals and strengthens immunity and bones

Carrot, celery, spinach, parsley, ginger and turmeric

Vital Veg

Stimulates blood flow and protects brain and heart function

Tomato, cucumber, carrot, celery, pumpkin, red pepper, lemon, basil

Blends
Rp 85,000

Tropic-Aid

Hydrates with nature-made electrolytes and provides fast fuel for active muscles

Mango, papaya, passionfruit, young coconut water and lime

Culture Shock

Benefits gut flora balance and rejuvenates skin

Strawberry, banana, pineapple and plain yoghurt

Muscle Mylk

Speeds recovery by reducing inflammation and replenishing electrolytes and nutrients

Banana, young coconut, almond milk, cacao, dates, cinnamon, flaxseed and coconut oil

Berry Quencher

Provides potent phytonutrients to repair oxidative damage and revitalize ageing cells

Black skinned grapes, cranberry, strawberries and blueberries

Plant Power

Delivers comprehensive plant-based macronutrients to improve and sustain energy

Avocado, banana, kale, soy milk, protein powder and flaxseed

Medicinal Shots
Rp 50,000

Wheatgrass

Energizes with amino acids, chlorophyll, minerals and enzymes

Add mint or ginger

Golden Jamu

Neutralizes toxins, aids weight loss and supports heart health

Turmeric, coconut nectar and tamarind

Green Chum Chum

Assists digestion, regulates blood flow and pressure

Pennywort, tamarind, chili and coconut nectar

Kimchi Juice

Supports the health of the gut microbiome

Fermented probiotic kimchi juice, lemon and ginger

Coconut Tonics
Rp 85,000

Coconut Water

Quenches thirst and restores optimal fluid balance

Available with or without flesh

Coconut Kefir

Promotes a healthy immune system and promotes healthy gut bacteria

Available plain or with crushed fresh mint leaves

Electrolyte

Rehydrates and replenishes electrolytes and enzymes

Guava, lemon, coconut water, sea salt and raw honey

Detox

Aids detoxification, mitigates oxidative stress and enhances cognition

Beetroot, turmeric, lemon, mint, coconut water and moringa powder

Boosters
Rp30,000

Virgin Coconut Oil

Promotes cardiovascular, cognitive and digestive health, protects against infection and assists with abdominal fat and weight loss

Flaxseed Oil

Provides rich plant-based omega-3 fatty acids, decreases inflammation and lowers cholesterol

Raw Peruvian Maca

Supports naturally-enhanced energy levels, mood, mental focus and physical endurance

Aloe Vera

Helps relieve digestive conditions and improves regularity

Spirulina

Increases energy and possesses anti-bacterial and immune-boosting properties