COMO
SHAMBHALA

WELLNESS BEGINS
WITHIN

COMO CLEANSE

BEGINNER ITINERARY

Cleanse and rebalance at COMO Shambhala Parrot Cay. Enjoy light and enjoy a good night's sleep, a nutritious menu of COMO Shambhala meals, snacks and juices, with ingredients carefully chosen to boost energy and promote whole-body health. You'll also engage in a programme of gentle workouts and restorative wellness, as well as soothing evening meditations to ensure restful sleep.

DAY ONE

In-villa dining

Arrival and welcome drink – Cucumber with ginger, mint, lime and a dash of honey

Book your appointment upon arrival, COMO Shambhala

In-Body Assessment

An in-Body assessment, followed by a review of the Cleanse menu and its benefits, will be conducted. If your arrival time is after 6.00pm, the In-Body scan will be done between the 8.00am class and breakfast the following morning

3.00pm, COMO Beach Club

Afternoon snack – Mixed spiced nuts and a Lymph Purifier Juice (cucumber celery, fennel, apple, ginger, lemon, kale)

Check schedule for timing, Yoga pavilion

Group wellness class as per daily schedule of activities

7.00pm, As per dining schedule (Terrace or Lotus Restaurant) or in-room dining

Dinner – Supercharged sea vegetable soup made with mushroom, broccolini, Tuscan kale, ginger, spring onion, and nori sprinkle. Optionally served with ginger-scented poached snapper 120g, herb-poached chicken 120g, citrus-scented salmon baked en papillote 120g, or steamed red quinoa

8.30pm, In-room dining

Tea selection and 450ml lemon and ginger-infused water

9.00pm

Evening breathwork using the box breathing method (follow turndown card)

10.00pm

Switch off all blue light and enjoy a good night's sleep

DAY TWO

7.00am, COMO Shambhala

In-Body assessment if not conducted on arrival day. Reservations required

7.30am, In-room dining

Upon waking or after the In-Body assessment, refresh with 450ml of lemon and ginger-infused water and/or a tea selection. 30 minutes later, enjoy a Replenish Juice (celery cucumber, fennel, parsley, spinach, lemon, coriander) or a Liver Flush Juice (ruby grapefruit, orange, lemon, turmeric, ginger, garlic, extra virgin olive oil)

8.30am, Terrace restaurant or in-room dining

Breakfast – Chia, young coconut and almond pudding with papaya and blueberries or 'Real Toast' made with crushed avocado, tomato, cucumber, parsley and lemon

Check schedule for timing, Yoga pavilion

Group wellness class as per daily schedule of activities

11.00am, COMO Beach Club

Morning cleanse – Coconut water with lime and pinch of sea salt, or turmeric and lemongrass-scented bone broth

12.30pm, Lotus restaurant or COMO Beach Club

Lunch – Warm roasted kabocha pumpkin, beetroot and baby carrot salad with leafy greens, citrus dressing, and spiced nuts and seeds or COMO Shambhala Chopped Salad made with raw and cooked vegetables, leafy greens, citrus sesame dressing, and nut and seed crisps

From 1.00pm, COMO Shambhala

60-minute Manual Lymphatic Drainage Massage

This treatment is designed to encourage lymph drainage, carrying toxins and waste away from the tissues, aiding the body's natural detoxification process. Reservations required

3.00pm, COMO Beach Club

Afternoon cleanse – Lean and Clean Greens Juice (cucumber, celery, fennel, spinach, green pepper, spirulina) or kale chips with whipped cashew hummus

Check schedule for timing, Yoga pavilion

Group wellness class as per daily schedule of activities

7.00pm, As per dining schedule (Terrace or Lotus Restaurant) or in-room dining

Dinner – Chunky seasonal green vegetable soup with garden herb pistou. Optionally served with ginger scented poached snapper 120g, herb poached chicken 120g, citrus scented salmon baked en papillote 120g, or steamed red quinoa

8.30pm, In-room dining

Tea selection and 450ml lemon and ginger-infused water

9.00pm

Evening breathwork using the box breathing method (follow turndown card)

10.00pm

Switch off all blue light and enjoy a good night's sleep

DAY THREE

7.00am, In-room dining

Upon waking, refresh with a 450ml lemon and ginger-infused water and/ or a traditional medicinal ginger aid tea. 30 minutes later, follow with a Replenish Juice (celery, cucumber, fennel, parsley, spinach, lemon, coriander) or a Blood Builder Juice (beetroot, apple, turmeric and ginger)

8:00am, Terrace restaurant or in-room dining

Breakfast – COMO Shambhala nut, seed and coconut muesli with coconut yogurt and berry salad OR Green Goddess smoothie bowl (spinach, pineapple, coconut and spirulina with kiwi and chia seed salad)

Check schedule for timing, Yoga pavilion

Group wellness class as per daily schedule of activities

From 10.30am, COMO Shambhala

120-minute Dead Sea Mud Therapy

The treatment begins with an exfoliating and moisturising scrub, before the application of our therapeutic warm mud treatment. This is followed by a face and scalp massage that helps to relieve any built-up tension in those areas. Reservations required

12.30pm, Lotus restaurant or COMO Beach Club

Lunch time cleanse – Choice of coconut water with lime and pinch of sea salt, or turmeric and lemongrass-scented bone broth

1.00pm, Lotus restaurant or COMO Beach Club

Lunchtime – Zucchini, pumpkin, cherry tomato and kale stew with cauliflower rice or Aztec Bowl (red cabbage, quinoa, cherry tomatoes, red bell peppers, cucumber, avocado, dried tomato, nuts and seeds)

3.00pm, COMO Beach Club

Evening cleanse – Raw vegetable crudites with kale pesto or Healthy Heart Juice (tomato, cucumber, fennel, basil, red pepper, lemon, pumpkin, flax seed oil)

Check schedule for timing, Yoga pavilion

Group wellness class as per daily schedule of activivities

7.00pm, As per dining schedule (Terrace or Lotus Restaurant) or in-room dining

Dinner – Garden vegetable minestrone soup with roast cherry tomato. Optionally served with ginger scented poached snapper 120g, herb poached chicken 120g, citrus scented salmon baked en papillote 120g, and steamed red quinoa

8.30pm, In-room dining

Tea selection and 450ml lemon and ginger-infused water

9.00pm

Evening breathwork using the box breathing method (follow turndown card)

10.00pm

Switch off all blue light and enjoy a good night's sleep.

DAY FOUR

7.00am, COMO Shambhala

Final In-Body assessment. Reservations required

7.30am, Terrace restaurant or in-room dining

After In-body assessment, refresh with a 450ml lemon and ginger-infused water and/ or a traditional medicinal ginger aid tea. 30 minutes later, follow with a Replenish Juice (celery, cucumber, fennel, parsley, spinach, lemon, coriander)

8:00am, Terrace restaurant or in-room dining

Breakfast – Dragon fruit, berry and cashew smoothie bowl with spiced toasted coconut or seasonal greens, roasted tarragon tomatoes and green goddess sauce

Check schedule for timing, Yoga pavilion

Group wellness class as per daily schedule of activities

11.00am, COMO Beach Club

Morning cleanse – Coconut water with lime and pinch of sea salt, or turmeric and lemongrass-scented bone broth

12.00pm, Lotus restaurant or COMO Beach Club

Lunch – Cauliflower steak with roasted tomatoes, haricot beans, rocket salad and pine nut aioli or The Raw Salad (shredded, sliced and diced vegetables on leafy greens with sprouts and a lemon dressing)

Check out and departure

COMO
SHAMBHALA
PARROT CAY

To book or to find out more, please contact COMO Shambhala Parrot Cay

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