



COMO
SHAMBHALA
PARROT CAY

HOLISTIC REBALANCE

WITH VISITING PRACTITIONER NANAMI YAMABE





Experience the healing power of Japanese acupuncture and Shiatsu massage in the serenity of our private island resort with visiting practitioner, Nanami Yamabe.

Yamabe's expertise in pain relief, stress reduction and energy balancing offers a holistic path to rejuvenation, complemented by specialised therapies such as cupping, moxibustion and Shiatsu massage.

ACUPUNCTURE

Japanese acupuncture is renowned for addressing a wide range of health issues, from pain management to stress relief. It can also improve digestive function and offer relief from respiratory conditions and women's health issues.

Single acupuncture session:

- 60 minutes – US\$290
- 75 minutes – US\$300 (includes Cupping or Moxa Therapy)
- 90 minutes – US\$330 (includes Shiatsu Massage)

Recommended acupuncture series:

- Three 60-minute sessions – US\$850
- Five 60-minute sessions – US\$1,400

JAPANESE MOXIBUSTION THERAPY

Moxibustion (Moxa) involves the practitioner placing smouldering dried mugwort on specific points on the body. Moxibustion is believed to be able to expel excessive 'heat' or 'cold', increase circulation and aid in detoxification.

- 30 minutes – US\$110 (massage on an area of concern)
- 45 minutes – US\$130 (includes Cupping Therapy)

CUPPING THERAPY

Cupping is a traditional treatment in which special vacuum suction cups are strategically placed on the skin to promote blood circulation. It is believed to alleviate pain, support the body's natural detoxification process, and stimulate the immune system.

- 30 minutes – US\$110
- 45 minutes – US\$130

SHIATSU MASSAGE

Shiatsu is a Japanese massage technique that involves applying pressure with the fingers to the body's meridians, channeling energy flow or 'qi'.

- 60 minutes – US\$210
- 75 minutes – US\$240
- 90 minutes – US\$275

All prices are subject to 10 per cent service charge and 12 per cent prevailing government tax.
Please contact COMO Shambhala by dialling extension 8888 on your in-room phone or email COMO Shambhala Reception team below.
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