

## COMO SHAMBHALA LAUNCHES TWO CLEANSE MENUS FOR A COMPLETE DIGESTIVE RESET



**For Immediate Release — Two new four-day, three-night cleanse menus from COMO Shambhala Kitchen are now available at our resort flagship, COMO Shambhala Estate in Bali, as well as to guests of COMO Shambhala Metropolitan Singapore. With an emphasis on cold-pressed juices, warm broths, and herbal teas, the menus provide an opportunity for digestive and systemic rest.**

“Since the very beginning, the philosophy of COMO Shambhala Kitchen has been about balancing nutrition with exceptional taste,” says Amanda Gale, COMO Group’s lead development chef, who has created the brand’s healthy approach to eating over the last twenty years. “These complete cleanses, though mostly liquid-based, don’t compromise on that expectation.”

“Our integrative approach to wellness now runs even deeper with this complementary approach, allowing us to improve the client’s cleansing experience by pairing a digestive reset with our therapies and Wellness Paths,” says Lisa Manser, Group Director of Wellness Operations. “The Cleanse Menus works in perfect synchrony with our Nourish to Glow and Detox to Restore Wellness Paths, launched earlier this year at COMO Shambhala Estate in Bali.”

“People become accustomed to a certain threshold of sugars and processed ingredients because of their daily food and beverage choices. The process of a liquid cleanse invites guests to reset their taste expectations and sustain healthy eating habits even after the programme has concluded,” says Eve Persak, consultant nutritionist for COMO Shambhala.

The menus are designed to provide the body with nutrients, phytochemicals, and nutraceutical compounds. They benefit the body by reducing inflammation and physiological stresses, facilitating cellular repair, and nourishing the internal systems involved in detoxification. The cleanse encourages the removal of existing impurities by the liver, lymphatic system, kidneys, and gastrointestinal tract.

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Dishes are free of common allergens, such as egg, dairy, wheat, gluten, soy, and shellfish, as well as legumes (beans, lentils, and peas) which require more digestive effort. Vegetables predominate in the cold-pressed juices. Reduced sugars help to improve glycemic (blood sugar) stability, which boosts energy levels, mood, focus, appetite, and complexion. No artificial additives (thickeners, emulsifiers, preservatives, colourings, flavourings) are used, which may irritate the gut lining, disrupt the microbiome, and cause a dysregulated metabolism.

## TWO WAYS TO CLEANSE

Clients can choose between two menus — the **Beginner Cleanse** and **Advanced Cleanse** menu.

**COMO Shambhala Beginner Cleanse:** This is appropriate for clients who are new to cleansing, or who are planning to remain more active during the programme. It includes modest portions of nutritious meals (like salads, cauliflower steak, or cauliflower rice) alongside a variety of soups, juices, and broths. In the daytime, when the digestive system is most active, dishes feature a mix of fresh or raw ingredients — like yoghurts, nut and seed mueslis, salads, and grain bowls. In the evening, selections focus on warm soups and stews to lessen any digestive effort and ease the transition into sleep.

Sample dishes in the Beginner Cleanse menu include:

**Real Toast:** Our 'Club' sandwich served with crushed avocado, tomato, cucumber, parsley, and lemon, served on top of a flaxseed cracker for breakfast.

**Warm Roast Kabocha Pumpkin:** Served alongside a beetroot and baby carrot salad with leafy greens, citrus dressing, and spiced nuts and seeds, for lunch.

**Lymph Purifier:** A cold-pressed juice made of cucumber, celery, fennel, apple, ginger, lemon, and kale, designed to optimise the function of the lymphatic system. To be consumed mid-afternoon.

**Supercharged Sea Vegetable Soup:** Featuring mushrooms, broccolini, Tuscan kale, ginger, spring onions, and nori sprinkle. An extra serving of protein in the form of herb poached chicken or citrus scented salmon baked en papillote can be added.





**COMO Shambhala Advanced Cleanse:** This is an intensive cleanse that relies on liquids and purees only, including juice extractions, smoothies, yoghurts, and soups.

Sample dishes in the Advanced Cleanse menu include:

**Blood Builder:** A cold-pressed juice for breakfast, made with beetroot, apple, turmeric, and ginger — the apple adds sweetness while having a lower sugar content.

**Bloat Away:** For lunch, a juice of cucumber, parsley, celery, fennel, and mint is served alongside a vegetable stew made with zucchini, pumpkin, cherry tomatoes and kale.

**Turmeric and Lemongrass Bone Broth:** Served mid-afternoon, this warming broth replenishes amino acids and supports a healthy gut.

**Green Goddess Soup:** Packed with antioxidants from a blend of broccoli, zucchini, kale, and basil, this classic dish from the COMO Shambhala Kitchen supports liver function.

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## PRICES AND INCLUSIONS

At COMO Shambhala Metropolitan Singapore, the Cleanse package starts at S\$1,650 for the Beginner Cleanse and \$1,560 for the Advanced Cleanse. This price includes three nights' stay, a 60-minute consultation, four movement classes, two 60-minute sessions of Hyperbaric Oxygen Therapy, and two InBody Assessments, held at the beginning and end of the Cleanse programme. Guests will receive a Breathwork Card, and post-cleanse tips to sustain healthy habits at home.

At COMO Shambhala Estate in Bali, the Cleanse menus are available as a complimentary add-on to those on the Detox to Restore Wellness Path — our signature multi-night wellness experience. For guests staying in the Estate, the Cleanse package starts at US\$858 for the Beginner Cleanse and US\$768 for the Advanced Cleanse. This price excludes room rates, and includes one 60-minute consultation with Ayurvedic doctor or Chinese doctor, four 60-minute private classes or therapies / treatments, complimentary access to all classes in the Wellness Activity Schedule, and two InBody Assessments, held at the beginning and end of the Cleanse programme. Guests will receive a Breathwork Card and post-cleanse tips to sustain healthy habits at home.

## FURTHER INFORMATION AND PRESS IMAGES

For more information on the Cleanse programme, visit our website at [COMO Metropolitan Singapore](https://www.comohotels.com) or [COMO Shambhala Estate](https://www.comoshambhala.com). Further information and press images are available from Crystal Seah: [crystal.seah@comohotels.com](mailto:crystal.seah@comohotels.com) and Hwee Lin Tan: [hweelin.tan@comoshambhala.com](mailto:hweelin.tan@comoshambhala.com)

## ABOUT THE COMO GROUP

The COMO Group, headquartered in Singapore, represents Christina Ong's unique vision of contemporary living. The Group encompasses the hospitality collection, COMO Hotels and Resorts, which offers personalised luxury travel experiences through individualised service, a commitment to holistic wellness, and award-winning cuisine. Each hotel is developed in response to the destination it inhabits. The Group also includes the international luxury fashion retailer Club 21, the award-winning wellness concept COMO Shambhala, and the philanthropic COMO Foundation.