



COMO SHAMBHALA ESTATE LAUNCHES NEW PATHS TO SUSTAINABLE WELLNESS



Bali, January 2024 – The global wellness brand COMO Shambhala expands in 2024 with a deepening commitment to each guest’s journey to improve their wellness from within. This month, the brand launches its five ‘Wellness Paths’ at COMO Shambhala Estate in Bali.

This initiative is appropriate for people dealing with common but distressing modern lifestyle challenges: struggles with digital overload, poor gut health, a lack of purpose, diminished fitness, or a broken mind-body connection. The common intention is to focus on prevention: ‘un-ease’ rather than ‘dis-ease’, and obviate a problem before it escalates.

The multi-night experiences have been designed by COMO Shambhala’s experts in fitness, nutrition and naturopathy using a combination of diagnostics, diet, breathwork, hands-on healing, and more.

Each Wellness Path presents a nuanced, focused opportunity to help guests journey from one state of wellness to the next, and importantly, to sustain that feeling after leaving our jungle sanctuary. The solutions are designed to be sustainable, in order to deepen the benefits of a Wellness Path when a guest returns home.

Guests on Wellness Paths also benefit from the full range of healthy dishes, available at the resort’s Glow restaurant. Serving cuisine by COMO Shambhala Kitchen, the emphasis is on whole foods. Dishes are low in sugar, salt and free of artificial additives. Recipes are developed to support various wellness intentions, such as brain and cardiovascular health, sustained energy, blood sugar stability, and craving control. Cooking techniques preserve or enhance the bioavailability of nutrients whether the ingredients are cooked, raw, fermented, or sprouted. Plates are rich in plants, prioritising local and seasonal vegetables, fruits, nuts, seeds, grains, roots, and herbs. Seafood and meat also feature. The food is wholesome and satisfying, but also light and easily digested, with a wide range of fresh salads and soups, as well as selections suitable for individuals with food sensitivities, such as dairy- and gluten-free.



‘Ever since I first saw the location for COMO Shambhala Estate, I felt there was something very unique and special about this forest,’ says COMO Group founder, Christina Ong, describing the launch location of what will be an ambitious roll-out of COMO Shambhala’s new Wellness Paths at destinations worldwide. ‘What impressed me the most — which is true of almost everyone visiting for the first time — are the views, the beauty of nature, and the water from a local spring which is considered sacred and healing. It is a source for the entire Estate.’

‘From integrated diagnostics to personalised plans and innovative therapies, COMO Shambhala Estate has always been at the forefront of wellness,’ says Group Director of Wellness Operations for COMO Hotels and Resorts, Lisa Manser: ‘These five new Wellness Paths underscore our dedication to delivering the finest holistic experiences, and have been specifically created to address familiar issues of stress, fatigue and weight management.’

‘Our curated menus and meals are designed to nourish each step of a guest’s chosen Wellness Path,’ says the COMO Group’s consultant nutritionist, Eve Persak: ‘Ingredients are selected, combined, and prepared with intention – complementing each of the treatments and movement modalities, providing essential nutraceuticals that settle or stimulate specific body systems, and offering targeted support from within.’

‘The Wellness Paths resonate in a deep and significant way, when combined with the forest, river, peaceful accommodation in private villas, access to the hydrotherapy pool, yoga studios, rice paddy walks, jungle gym and more,’ says Gede Suteja, General Manager of COMO Shambhala Estate.

COMO Shambhala’s new Wellness Paths are now available in Bali. They will also be rolled out, with some local adjustments, in 2024 at COMO Hotels and Resorts’ other locations worldwide, including COMO Alpina Dolomites in Italy, COMO Parrot Cay in the Turks and Caicos, and also in Singapore. The latter is a collaboration with COMO Metropolitan Singapore and COMO Shambhala’s new urban flagship, which share the same location: COMO Orchard on Bideford Road.





COMO SHAMBHALA'S WELLNESS PATHS: THE DETAIL



Integrated Wellness

Embark on a comprehensive journey tailored to combat stress, weight management, and digestive concerns. This path promises a complete body and mind reset with enhanced immunity, improved digestion, reduced inflammation, and a deeper understanding of eating well.

Inclusions: Daily full-board meals, wellness lifestyle consultation, Inbody scan, group wellness classes, treatments, guided meditation sessions, contrast therapy, sleep aid technology, and a wellness journal. Prices start from US\$5,300++ for a five-night package with accommodation.



Fit to Perform

Unleash your fitness potential with personalised fitness guidance for novices, enthusiasts, athletes, and adventurers alike. Establish a fitness routine aligned with your goals, enhance endurance and resilience to stress for better performance.

Inclusions: Daily full-board meals, wellness lifestyle consultation, Inbody scan, group wellness classes, treatments, guided meditation sessions, personal training, contrast therapy, and a wellness journal. Prices start from US\$3,180++ for a three-night package with accommodation.



Detox to Restore

Rediscover wellbeing with focus on gut health and mental wellbeing. Ideal for those seeking fatigue relief, digestive balance, and a deeper mind-body connection.

Inclusions: Daily full-board meals, wellness lifestyle consultation, Inbody scan, group wellness classes, treatments, guided meditation sessions, personal training, contrast therapy, and a wellness journal. Prices start from US\$2,880++ for a three-night package with accommodation.



Nourish to Glow

Revitalise from within to recalibrate eating habits sustainably. Ideal for those seeking balanced nutritional choices, mindful eating practices, with a spa and beauty reset.

Inclusions: Daily full-board meals, wellness lifestyle consultation, Inbody scan, group wellness classes, body treatments, guided meditation sessions, personal training or hydrotherapy, microbiome facial, hyperbaric sessions, and a wellness journal. Prices start from US\$2,880++ for a three-night package with accommodation.



Connect to Rebalance

Embark on this ideal escape for self-reflection, which is designed for those struggling with digital overload, or anyone seeking a renewed sense of purpose.

Inclusions: Daily full-board meals, wellness lifestyle consultation, Inbody scan, group wellness classes, body treatments, guided meditation sessions, personal training, Balinese water purification ceremony, guided hike of Mount Batur, sleep aid technology, and a wellness journal. Prices start from US\$2,880++ for a three-night package with accommodation.

All above rates are subject to 21 per cent taxes and Service Charge.

RESERVATIONS:

csreservations.cse@comohotels.com, +62 361 97 8888, or WhatsApp at +62 811 3984 074

MEDIA ENQUIRIES:

Yohanes Hutauruk, Bali: yohanes.hutauruk@comohotels.com

Brett Perkins, London: brett.perkins@comohotels.com



ABOUT COMO SHAMBHALA AND THE COMO GROUP

Created by founder-owner Christina Ong and headquartered in Singapore, the COMO Group represents an integrated approach to living well, grounded in a celebration of collaboration, diversity, quality and authenticity. The COMO's Group's wellness brand is called COMO Shambhala, a multi-award winning business which has dedicated over 25 years to promoting healthy living in Singapore and beyond, with products, functional fitness, yoga, Gyrotonic and Pilates, mind, bodywork, and spa services. The COMO Group's businesses also extend across hospitality (COMO Hotels and Resorts, with 18 properties worldwide), fashion (Club21, Kids21 and Dover Street Market Singapore), organic living and specialty foods (COMO Dempsey, Culina and SuperNature) and philanthropy (COMO Foundation). Our customer recognition programme is called Comoclub.