



COMO  
SHAMBHALA

WELLNESS BEGINS  
WITHIN

COMO CLEANSE  
ADVANCE CLEANSE ACTIVITIES ITINERARY



Cleanse and rebalance with our four-day retreat at COMO Shambhala Estate. Enjoy a nutritious menu of COMO Shambhala 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 1

### Arrival and welcome drink

#### 2.00pm

Check in and enjoying a refreshing COMO Shambhala Namaste Juice (cucumber, ginger, mint, lime and honey).

### Inbody assessment

#### 3.00pm to 5.00pm, Shikara

Meet one of our wellness experts for your first InBody Assessment and an overview of the COMO Cleanse.

Please note that if your arrival time is after 6.00pm, your InBody scan will take place the following morning to ensure maximum effectiveness.

### Evening cleanse

#### 5.30pm, glow restaurant, Amphi Theatre Tea House or in-room dining

Choose from coconut water with lime and pinch of sea salt or turmeric and lemongrass-scented bone broth

### Yoga

#### 6.00pm, Yoga Pavilion

Join our restorative yoga class that focus on ease and release.

### Dinner

#### 7.30pm, Kudus House or in-room dining

Enjoy our signature Green Goddess soup, a blend of broccoli, zucchini, kale and basil, garnished with steamed baby zucchini, wakame and baby broccoli florets.

### Evening tea

#### 8.30pm to 9.00pm, in-room dining

Tea selection and 450ml lemon and ginger-infused water.

### Breathwork and meditation

#### 9.00pm to 10.00pm

Relax with soothing breathwork exercises, followed by an in-room COMO Shambhala Meditation on your television at 9.30pm. Switch off all blue light and enjoy a good night's sleep.

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## DAY 2

### Morning tea

**6.00am to 7.00am, in-room dining**

Upon waking, refresh with lemon and ginger-infused water, followed by your choice of tea 30 minutes later. After another 30 minutes, begin your day in earnest with a COMO Shambhala Replenish Juice (celery, cucumber, fennel, parsley, spinach, lemon and coriander).

### Exercise class

**8.00am**

Group exercise class as per the COMO Shambhala Estate activity schedule. Those who didn't complete their InBody Assessment on arrival can do so after this class.

### Morning juice

**9.00am to 10.00am, Kudus House, Amphi Theatre Tea House or in-room dining**

COMO Shambhala Lean and Clean Greens Juice (cucumber, celery, fennel, spinach, green pepper, fennel and spirulina).

### Group activity

**11.00am**

Group activity as per the COMO Shambhala Estate activity schedule.

### Lunchtime cleanse

**12.00pm, glow restaurant, Amphi Theatre Tea House or in-room dining.**

Choose from coconut water with lime and pinch of sea salt or turmeric and lemongrass-scented bone broth.

### Lunchtime juice

**1.30pm, glow restaurant, Amphi Theatre Tea House or in-room dining.**

Healthy Heart Juice (tomato, cucumber, celery, fennel, basil, red pepper, lemon, pumpkin, and flax seed oil).

### Wellness treatment

**3.00pm, OJAS Spa**

Choose between a 60-minute Mild Hyperbaric Oxygen session or a 60-minute Manual Lymphatic Drainage massage.

### Afternoon cleanse

**4.00pm, glow restaurant, Amphi Theatre Tea House or in-room dining**

Choose from coconut water with lime and pinch of sea salt or turmeric and lemongrass-scented bone broth

### Group activity

**4.15pm**

Group activity as per the COMO Shambhala Estate activity schedule.

## Dinner

**6.00pm to 7.00pm, glow restaurant, Kudus House or in-room dining**

Warm pureed Kabocha pumpkin, ginger, orange scented soup, garnished with diced pumpkin and herb pistou.

### Evening tea

**8.00pm to 9.00pm, in-room dining**

Tea selection and 450ml lemon and ginger-infused water.

### Breathwork and meditation

**9.00pm to 10.00pm**

Relax with soothing breathwork exercises, followed by an in-room COMO Shambhala Meditation on your television at 9.30pm. Switch off all blue light and enjoy a good night's sleep.

## DAY 3

### Morning tea

**6.00am to 7.00am, in-room dining**

Upon waking, refresh with lemon and ginger-infused water, followed by your choice of tea 30 minutes later. After another 30 minutes, begin your day in earnest with a COMO Shambhala Replenish Juice (celery, cucumber, fennel, parsley, spinach, lemon and coriander).

### Exercise class

**8.00am**

Group exercise class as per COMO Shambhala Estate Activity Schedule





### Wellness treatment

#### 9.15am, OJAS Spa

Choose between a colonic treatment or a cleansing dead sea mud skin therapy

### Morning juice

#### 10.00am, Kudus House or in-room dining.

COMO Shambhala Blood Builder Juice (beetroot, apple, turmeric and ginger)

### Group activity

#### 11.00am

Group activity as per the COMO Shambhala Estate activity schedule.

### Lunchtime cleanse

#### 12.00pm, glow restaurant, Amphi Theatre Tea House or in-room dining.

Choose from coconut water with lime and pinch of sea salt or turmeric and lemongrass-scented bone broth.

### Group activity

#### 2.30pm

Group activity as per the COMO Shambhala Estate activity schedule.

### Afternoon juice

#### 3.30pm, glow restaurant, Amphi Theatre Tea House or in-room dining

COMO Shambhala Lymph Purifier (kale, fennel, ginger, lemon, apple, cucumber and celery)

### Group activity

#### 4.15pm

Group activity as per the COMO Shambhala Estate activity schedule.

### Evening cleanse

#### 5.30pm, glow restaurant, Amphi Theatre Tea House or in-room dining

Choose from coconut water with lime and pinch of sea salt or turmeric and lemongrass-scented bone broth

### Dinner

#### 7.00pm, glow restaurant, Kudus House or in-room dining

Zucchini, fennel and apple soup, seasoned with fresh basil

### Evening tea

#### 8.00pm to 9.00pm, in-room dining

Tea selection and 450ml lemon and ginger-infused water.

### Breathwork and meditation

#### 9.00pm to 10.00pm

Relax with soothing breathwork exercises, followed by an in-room COMO Shambhala Meditation on your television at 9.30pm. Switch off all blue light and enjoy a good night's sleep.

## DAY 4

### Inbody assessment

#### 7.15am, Shikara

Meet our wellness expert for you final InBody Assessment

### Early morning cleanse

#### 7.30am, Shikara

refresh with lemon and ginger-infused water, followed an optional tea of your choice 30 minutes later.

### Early morning juice

#### 7.45am, Kudus House or Amphi Tea House overlooking the Ayung River

COMO Shambhala Replenish Juice (celery, cucumber, fennel, parsley, spinach, lemon and coriander).

### Exercise class

#### 8.00am

Group exercise class as per COMO Shambhala Estate Activity Schedule

### Breakfast juice

#### 9.30am to 10.00am, Kudus House or In-room Dining.

COMO Shambhala Liven Up Your Liver Juice (kale, broccoli, cauliflower, celery, apple, ginger and turmeric).

### Lunch

#### 11.30am, glow restaurant

COMO Shambhala Bloat Away Juice (cucumber, parsley, celery, fennel, pear and mint). Choose from zucchini, pumpkin, cherry tomato and kale stew with cauliflower rice, or COMO Shambhala Chopped Salad, made with raw and cooked vegetables, leafy greens, citrus sesame dressing, and nut and seed crisps.

### Check out and departure

#### 12.00pm



COMO  
SHAMBHALA  
ESTATE

To book or for more information, please contact:

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