



COMO
SHAMBHALA

WELLNESS BEGINS
WITHIN

COMO CLEANSE

BEGINNER FOOD ACTIVITIES ITINERARY



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

Arrival and welcome drink

2.00pm

Check in and enjoy 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.

Early evening snack

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

Mixed spiced nuts and COMO Shambhala Lymph Purifier Juice (cucumber, celery, fennel, apple, ginger, lemon and kale)

Yoga

6.00pm, Yoga Pavilion

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

Dinner

7.15pm, Kudus House or in-room dining

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

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.

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) or Liver Flush (ruby grapefruit, orange, lemon, turmeric, ginger, garlic and extra virgin olive oil).

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.

Breakfast

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

Choose from chia, young coconut and almond pudding with papaya and blueberries or Real Toast with crushed avocado, tomato, cucumber, parsley and lemon.

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.

Lunch

1.30pm, glow restaurant or in-room dining

Choose between warm roasted kabocha pumpkin, beetroot and baby carrot salad with leafy greens, citrus dressing, and spiced nuts and seeds, or COMO Shambhala Chopped Salad, mad with raw and cooked vegetables, leafy greens, citrus sesame dressing, and nut and seed crisps.

Wellness treatment

3.00pm, OJAS Spa

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

Afternoon snack

4.00pm, Amphi Theatre Tea House or In-room dining.

COMO Shambhala Lean and Clean Greens Juice (cucumber, celery, fennel, spinach, green pepper and spirulina) or kale chips with cashew hummus.

Group activity

4.15pm

Optional group activity as per the COMO Shambhala Estate activity schedule



Dinner

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

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

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.

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

Breakfast

10.00am, Kudus House or in-room dining

COMO Shambhala nut seed and coconut muesli with coconut yogurt with berry, pear salad OR Green goddess smoothie bowl – spinach, pineapple, coconut, spirulina with kiwi & chia seed salad

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.

Lunch

1.00pm, glow restaurant, Amphi Theatre Tea House or in-room dining

Choose from zucchini, pumpkin, cherry tomato and kale stew with cauliflower rice, or an Aztec Bowl made with red cabbage, quinoa, cherry tomatoes, red bell peppers, cucumber, avocado, sundried tomatoes, and nuts and seeds.

Group activity

2.30pm

Group activity as per the COMO Shambhala Estate activity schedule.

Afternoon snack

3.45pm, glow restaurant, Amphi Theatre Tea House or in-room dining

Raw vegetables crudites with kale pesto or COMO Shambhala Healthy Heart Juice (tomato, cucumber, fennel, basil, red pepper, lemon, pumpkin and flax seed oil).

Group activity

4.15pm

Group activity as per the COMO Shambhala Estate activity schedule.

Dinner

6.30pm, glow restaurant, Kudus House or in-room dining

Garden vegetable minestrone soup with roasted cherry tomatoes. Optionally served with: ginger-scented poached snapper, herb poached chicken, citrus-scented salmon baked en papillote, or steamed red quinoa.

Evening tea

8.00pm to 9.00pm, in-room dining

Herbal 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 your 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

9.30am to 10.00am, Kudus House or in-room dining

Dragon fruit, berry and cashew smoothie bowl with spiced toasted coconut, or seasonal greens roasted with tarragon, tomatoes, and Green Goddess sauce.

Lunch

11.30am, glow restaurant

Choose from cauliflower steak with roasted tomatoes, haricot beans, rocket salad and pine nut aioli, or The Raw Salad made with raw shredded, sliced and diced vegetables on leafy greens with sprouts and a lemon dressing.

Check out and departure

12.00pm



COMO
SHAMBHALA
ESTATE

To book or for more information, please contact:

E. comoshambhala.cse@comohotels.com T. +62 361 97 8888