COMO SHAMBHALA

INSPIRING COMMITMENT TO LIFELONG WELLNESS

Admission

All COMO Shambhala Estate guests aged 16 and older have complimentary use of COMO Shambhala's wellness facilities including the fitness centre, hydrotherapy pool, 25-metre swimming pool, separate male and female sauna and steam room. For treatment requests for guests under the age of 16 years, please see our COMO Shambhala Ojas Wellness Centre team for details and reservations.

Reservations

Reservations can be made at the COMO Shambhala Ojas Wellness Centre or by dialling extension two on your in-room telephone. If calling from outside COMO Shambhala Estate, you can dial +62 361 978888. We suggest that you schedule your appointments in advance to obtain your preferred time. We always try our best to accommodate requests for individual therapists and specialists based upon their availability.

Hours of Service

COMO Shambhala Ojas: 9.00am – 9.00pm

Fitness Centre: 24 hours

All in-room treatments during opening hours incur an additional charge IDR 600,000. Should you wish to schedule a treatment outside of our usual hours, please contact the COMO Shambhala Ojas Wellness Centre team in advance for arrangement. Treatments will be charged at double the normal rate for appointments made outside of our usual hours.

Arrival

We recommend that you arrive at least 30 minutes prior to your appointment time in order to relax and enjoy our facilities. Arriving late will limit the time of your treatment. For your first visit to COMO Shambhala, you will be asked to complete a brief, confidential client form. This is to check for contraindications to any treatments.

Cancellation Policy

Should you wish to cancel an appointment, please let us know at least four hours beforehand or a 50 per cent cancellation fee will be charged. No-shows will be also charged at the full treatment price.

Valuables

Whilst locker facilities are provided, we advise you not to bring any valuables during your visit. COMO Shambhala Estate accepts no responsibility for the loss of money or valuables of any kind.

Gratuities

In appreciation of outstanding service, gratuities for staff may be left at your discretion. For your convenience, gratuities may be charged directly to your room.

Charges

All services are subject to 10 per cent service charge and 11 per cent government tax.

Gift Certificates

Gift an indulgent wellness experience at COMO Shambhala. Choose from the complete menu of available wellness treatments, or give the gift of choice and purchase a gift certificate.

MASSAGE THERAPY

COMO Shambhala offers carefully curated massage therapies. Our experts are trained in a variety of Asian techniques ranging from the relaxing to the invigorating.

COMO Shambhala Massage

The nurturing COMO Shambhala Massage is our signature massage that uses our blended massage oils to completely calm the mind and gently rejuvenate the body. This is an ideal massage for those making a commitment to improve their general wellbeing as it helps to rebalance both body and mind.

60 minutes IDR 1,400,000

90 minutes IDR 1,900,000

*Our COMO Shambhala therapists have been trained and are accredited by Wellness for Cancer to work with individuals touched by cancer. Please let us know if you would like a modified treatment.

Deep Tissue Massage

COMO Shambhala's restorative Deep Tissue Massage relaxes the body and allows for the release of deeply held patterns of tension. The techniques used during this treatment all help to increase blood and lymph flow, so muscles can once again operate at full capacity.

60 minutes IDR 1,480,000

90 minutes IDR 1,990,000

Indonesian Massage

This authentic Indonesian Massage uses our signature blended oil to help rejuvenate the body. Our experts incorporate both rolling and kneading strokes, providing a good therapeutic workout and inducing deep relaxation.

60 minutes IDR 1,400,000

90 minutes IDR 1,900,000

Prenatal Massage

Our Prenatal Massage is a specially designed treatment for all stages of pregnancy after the first trimester. It includes a footbath, full body massage and relaxing facial massage. Pregnancy support cushions are used throughout to ensure total comfort.

60 minutes IDR 1,400,000

90 minutes IDR 1,900,000

Taksu Massage

The magical transference of energy between two people who connect is called 'taksu' in Balinese. This is a strong and invigorating treatment that increases blood circulation and helps to relieve tight muscles. As it can also soothe headaches, this treatment is a welcoming antidote for those affected by stress.

60 minutes IDR 1,400,000

90 minutes IDR 1,900,000

Indian Head Massage

Beginning in a seated position, our Indian Head Massage helps relieve stress-induced tension in the head, neck and shoulders. A gentle facial massage of the nine Marma facial points is also included.

60 minutes IDR 1,400,000

Couple Massage Workshop

A private couple's massage class, teaching you the skills you need to benefit from this centuries-old healing tradition at home.

Our massage therapist will teach you both chair-based and massage bed techniques, explaining the anatomy of the back and the key areas to target. You will be shown each massage sequence in detail, before getting the opportunity to practice on each other. A back muscle anatomy card for you to make notes and refer to after the experience

75 minutes IDR 1,700,000

Reflexology

COMO Shambhala therapists use reflexology to help induce deep relaxation. By understanding how the body's organs respond to gentle pressure to reflex points on the feet, our experts can use reflexology to stimulate the body's natural healing processes. This is an especially nurturing treatment after a day's travelling or walking.

60 minutes IDR 1,400,000

Hot River Stone Massage

COMO Shambhala's Hot River Stone Massage is a powerful therapeutic treatment that uses smooth, warm oiled stones to promote a profound sense of relaxation. Gliding the stones along the muscles, the massage corrects tensions at the deepest level, addressing deep-held muscular knots. The treatment also involves dynamic stretches.

90 minutes IDR 2,350,000

Manual Lymphatic Drainage

Manual lymphatic drainage (MLD) is a type of gentle massage designed to encourage lymph drainage, carrying toxins and waste away from the tissues, aiding the body's natural detoxification process.

60 minutes IDR 1,400,000

75 minutes IDR 1,700,000

Sport Massage

Our sports massage is designed for those who participate in athletic activities. It can be enjoyed either before or after physical activity to help prevent injury, maintain optimal condition, and speed muscle recovery.

60 minutes IDR 1,400,000

Thai Massage

Thai Massage assists in unblocking trapped energy and improves vitality. With this type of healing treatment – sometimes known as passive yoga – our expert COMO Shambhala therapists manoeuvre your body into yoga-like stretching positions, applying pressure along the meridians and mobilising joints. No oil is used during this treatment and Thai pyjamas are provided.

60 minutes IDR 1,400,000

90 minutes IDR 1,900,000

BODY THERAPY

Body therapy at COMO Shambhala comprises a range of treatments that help tone, detoxify and revitalise, while providing a relaxing experience with hands-on healing.

COMO Shambhala Bath

Our cleansing COMO Shambhala Bath treatment gently exfoliates and softens the skin, leaving you feeling refreshed and relaxed. After dry brushing your body, our expert therapists will apply COMO Shambhala's Body Scrub, combining the exfoliating benefits of sea salt and sugar with a nut oil base, as well as luxurious shea butter. Once this has been absorbed into the skin, enjoy an invigorating bath, before the session concludes with the long calming strokes of our signature COMO Shambhala Massage.

120 minutes IDR 2,700,000

COMO Shambhala Skin Detoxifying Treatment

Our COMO Shambhala Skin Detoxifying Treatment helps to detox and revive tired skin, and is designed to improve circulation and skin tone. Using our signature products to exfoliate and moisturise, this therapy stimulates lymph flow to restore a healthy glow. A polish using our salt and sugar scrub is followed by a refreshing shower and then completed with the application of our signature moisturising lotion. The invigorating treatment can be enhanced with the addition of COMO Shambhala Massage to further stimulate the body's natural detoxifying functions.

60 minutes IDR 1,400,000

90 minutes (with 30 minutes massage) IDR 1,900,000

120 minutes (with 60 minutes massage) IDR 2,700,000

Javanese Royal LuLur Bath

This deeply luxurious treatment is a traditional beauty regime at the Royal Palaces of Central Java, where the treatment's techniques were first derived. It is perfect for tired skin, combining a soothing Indonesian Massage with an invigorating body scrub and an aromatic bath. The treatment concludes with the application of body lotion to soften and fully hydrate the skin.

120 minutes IDR 2,700,000

Dead Sea Mud Therapy

Our nurturing Dead Sea Mud Therapy helps to extract impurities from the skin, while moisturising the body and relieving muscle tension. The warm mud treatment includes a gentle exfoliating scrub, as well as a face and scalp massage. After a shower, the treatment concludes with our nurturing signature COMO Shambhala Massage.

120 minutes IDR 2,700,000

Traditional Balinese Body Wrap

The COMO Shambhala Traditional Balinese Body Wrap revives tense muscles, while also aiding to relieve minor rheumatic conditions. Our expert therapists blend hand-crushed rice with warming spices applied to the skin. The all-over deep heat experience relives aching bodies after exercise, using Taksu massaging techniques to improve circulation.

120 minutes IDR 2,700,000

AYURVEDA THERAPY

Ayurveda means 'the science or knowledge of life' and is an ancient system of Indian holistic healthcare. Ayurvedic wellness programmes aim to restore the body to a natural state of equilibrium by rectifying imbalances in the body's three doshas – vata, pitta and kapha – that make up the body's constitution. Benefits include weight loss, stress relief and detoxification.

Wherever our Ayurvedic therapies are available, we also have an Ayurvedic Consultant who can prescribe the most appropriate treatments based on a one-on-one consultation with you. He or she will also add nutritionist support in personalised eating plans.

To get the best results, we suggest taking three sessions, as each session will build upon the benefits of the previous one to provide longer-lasting results.

Abhyanga

Abhyanga is a rhythmic Ayurvedic massage that uses warm herbal oils to help energise the body and improve circulation. As impurities and toxins loosen from the muscles, it helps to enhance the body's immunity while inducing a state of deep relaxation in the mind.

60 minutes IDR 1,900,000

60 minutes IDR 2,500,000 (two therapists)

Pizichil

During a Pizichil therapy, warm herbal oil is continuously poured over the entire body. Our COMO Shambhala experts combine this Ayurvedic treatment with a soothing massage to create a rejuvenating therapy that counteracts everyday stress.

60 minutes IDR 2,300,000

60 minutes IDR 3,000,000 (two therapists)

Shirodhara

Shirodhara is an Ayurvedic treatment that helps to improve focus, concentration and relaxation. After a gentle massage to the neck and shoulder areas, warm oil is poured in a steady stream over the forehead. This deeply calming practice quiets the mind and the senses, helping to improve mental clarity and comprehension.

60 minutes IDR 2,300,000

Abhyanga and Shirodhara

This treatment combines Ayurvedic therapies to relieve neck and shoulder tension. The therapy begins with Abhyanga, a rhythmic massage that uses herbal oils to stimulate the circulation of blood, lymph and prana (energy). This is followed by Shirodhara, a treatment in which a steady stream of oil is gently poured over the forehead to improve clarity of mind. The aim of the session is to help you leave feeling relaxed and refreshed, with a renewed sense of energy.

90 minutes IDR 3,200,000

Abhyanga and Swedana

This dual therapy begins with Abhyanga, a rhythmic massage that uses herbal oils to stimulate the circulation of blood, lymph and prana (energy). This is followed by Swedana, a herbal steam that improves circulation, detoxifies, relieves stiffness, loosens muscles and helps skin tone.

90 minutes IDR 3,200,000

Nasya Karma

This nurturing treatment is excellent for sinus suffers, as well as those who are coming down with (or recovering from) a cold or the flu. It begins with a gentle face massage, followed by facial steam to prepare the upper respiratory channels for better clearance. Finally, herbalised oils are administered into the nasal passage to facilitate the expulsion of any toxins. It is highly effective at decongesting the nose and sinuses, while also helping to detoxify the upper respiratory system.

60 minutes IDR 1,400,000 Marma Therapy

Marma Therapy

Marma therapy is a specialized branch of Ayurveda which cleanses blocked energy via light stimulation of the 107 points in the body. These hidden points are channels to access the body, mind, and consciousness. Vital Marma points are stimulated by the application of moderate to deep pressure using the fingertips; some vibrational techniques are also used.

60 minutes IDR 2,400,000 (includes consultation)

Additional treatment IDR 2,200,000

Pack of three sessions IDR 5,900,000

Pack of five sessions IDR 9,300,000

ORIENTAL THERAPIES

Restoring the body's natural balance and harmony lies at the heart of Oriental medicine. Practitioners work to improve the deeper functioning of our organs and circulatory systems to boost our body's ability to tackle and prevent illness and disease.

Oriental medicine is naturally holistic in its approach, and includes a range of techniques and therapies from acupuncture, herbal medicine, physical exercise, nutrition, moxibustion, cupping and massage.

Acupuncture

Acupuncture is an integral technique in Oriental Medicine, involving the gentle insertion of fine needles into specific points on the body's 'meridians' - the channels through which the body's vital energy, known as 'Qi', travels. The process stimulates our natural healing responses, helping to rebalance the body. Acupuncture is designed to boost the immune system, alleviating deep-set tensions and restoring energy flow.

It can provide effective support for a number of health issues, including insomnia, poor digestion, stress, anxiety and fertility challenges. Each private COMO Shambhala acupuncture session begins with a consultation to tailor treatment to your needs.

60 minutes IDR 2,400,000 (includes consultation)

Additional treatment IDR 2,220,000

Pack of three sessions IDR 5,900,000

Pack of five sessions IDR 9,300,000

Pack of seven sessions IDR 12,300,000

Facial Rejuvenation Acupuncture

Facial Rejuvenation Acupuncture is an increasingly popular alternative to more invasive clinical treatments. It helps improve blood circulation to the face and helps reduce the appearance of fine lines and wrinkles. Repeat sessions can contribute to improvements in the skin's tone and texture, supporting a natural, youthful glow.

90 minutes IDR 3,100,000

Pack of three sessions IDR 7,900,000

Pack of five sessions IDR 12,400,000

Cupping

This ancient healing therapy uses special cups to create suction on the skin, mobilising blood flow in the muscles and deep tissue, while stimulating the nervous system. Cupping is used to relieve a number of health issues, including improving circulation, reducing muscle stiffness and improving range of motion.

30 minutes IDR 850,000 Stand alone treatment.

Add to any acupunture session IDR 450,000

HYDROTHERAPY

Hydrotherapy has been used for thousands of years for restoring, maintaining and regulating health. At COMO Shambhala Estate, The Source – a sacred spring on the Estate revered by locals for its healing properties – feeds our heated Vitality Pool with chlorine-free, mineral rich and alkaline water, using high-pressure jets for massage and exercise.

Hydrotherapy Circuit Instruction

Hydrotherapy is an excellent way for guests to improve their aerobic conditioning, flexibility and strength. Hydrotherapy exercises especially benefit those who have difficulty exercising on land, or are recuperating from injury, joint problems or surgery. Circuit Instructions sessions, held in the shallow water of our heated Hydrotherapy Pool, can be enjoyed as an individual booking, or for up to two guests.

60 minutes IDR 1,900,000

Joint Mobilising Massage

Our COMO Shambhala Joint Mobilising Massage helps to restore the fluidity of joints by stretching the body's muscles, using a water-jet bed throughout the treatment for support. Conducted in the Estate's heated Vitality Pool, this personalised one-on-one treatment combines the effects of the pool's vivified, mineral-rich water – which comes from our local spring – with a series of continuous flowing manipulations to help reduce tension and pain in the body.

60 minutes IDR 1,900,000

Colonic Hydrotherapy

Colonic hydrotherapy uses sterile water and the help of gravity to gently clean and reduce the contents of the bowel. This may be able to assist with some health conditions, including constipation. Our colonic system is state-of-the-art, ensuring maximum comfort and privacy.

60 minutes IDR 1,900,000

FACIAL CARE

COMO Shambhala offers facial care for every skin type, including non-surgical anti-ageing facials. Through targeted treatments tailored to your own skin care needs, we can help your skin feel firmer and smoother, restoring a youthful glow.

SUNDĀRI FACIAL

Sundāri body and skincare products adhere to Ayurvedic principles based on an ancient eastern philosophy. This is combined with the finest quality ingredients from nature, delivering a holistic approach to wellness that results in outer radiance and inner serenity. Sundāri is an essential part of a lifestyle that enables you to achieve harmony and balance in mind and body.

Sundāri Age Defying Firming Facial

The Sundāri Age Defying Firming Facial, using the regenerative properties of Gotu Kola, helps to reclaim your skin's youth. Not only does it feel luxurious, Gotu Kola instantly exfoliates, firms and improves tone and texture.

60 minutes IDR 1,600,000

Sundãri Intensive Healing Facial

The Sundãri Intensive Healing Facial is suitable for very sensitive skin and utilises the purifying benefits of Neem, known in India as the 'pharmacy tree'. Organic plant extracts are combined with soothing oil to heal, hydrate and firm – restoring balance to sensitive or irritated skin, helping it to regain its youthful glow.

60 minutes IDR 1,600,000

Sundãri Beautiful Eyes

The luxurious Sundãri Beautiful Eyes treatment hydrates and firms the delicate eye area. Assisted by penetrating age-defying formulas, this treatment also soothes puffiness, and hydrates and relieves tired eyes.

30 minutes IDR 800,000

Sundãri Firming Neck Treatment

The Sundãri Firming Neck Treatment helps you reclaim a healthy appearance to the neck area. First, an active exfoliation with enzymes and bamboo extract reduces roughness, uneven pigment and loose skin. Then an energising mask and massage, utilising the rejuvenating effects of Gotu Kola, leaves skin firm, smooth and restored.

30 minutes IDR 800,000

Sundãri 'Essential Supplifying' Facial

The Sundãri Essential Supplifying Facial breathes new life into dry or stressed skin with a deeply nourishing and intensely hydrating treatment. The treatment will start with a relaxing Abhyanga back massage, followed by application of Sundãri's Omega3+ complex, using naturally active ingredients to restore lost skin lipids. Skin is left softened and renewed, with a natural glow.

90 minutes IDR 2,600,000

BEAUTY CARE

Our beauty care treatments are designed to refresh you, leaving you with a renewed sense of confidence.

WAXING

We offer a range of hair-removal treatments administered by our expert staff, each one designed to leave skin feeling soft and smooth.

Full Leg
IDR 800,000

Half Leg
IDR 700,000

Underarm
IDR 450,000

Forearm
IDR 450,000

Full Arm
IDR 700,000

Bikini Line
IDR 500,000

NAIL CARE

Nourishing treatments for hands and feet that use soothing massage and gentle scrubs to tidy cuticles and nails.

Essential Manicure

A lasting manicure in the colour of your choice.

45 minutes IDR 750,000

Essential Pedicure

A lasting manicure in the colour of your choice.

60 minutes IDR 800,000

MIND & BODY DISCIPLINE

COMO Shambhala offers a variety of classes and activities, including yoga, Pilates and Physical Activities sessions. In-house guests are welcome to join any of these classes. Our accredited teachers are also available upon request for personal training and private sessions. Please refer to the COMO Shambhala Schedule of Activities or approach our COMO Shambhala Ojas Wellness Centre team to make your reservation.

Yoga

Yoga has been practiced for over 5,000 years. It provides a total workout for both body and mind, incorporating strengthening exercises with breathing and meditation techniques. The benefits are myriad, from increased flexibility and muscle tone, to lowered stress levels and blood pressure. Private yoga classes are available on request for beginners to experts, helping to develop a practice that can be incorporated into a daily lifestyle, or to enhance your existing yoga commitment. Our yoga expert works closely with you to design a program for your specific needs.

60 minutes IDR 1,900,000

60 minutes (couple) IDR 2,500,000

Additional (third onwards)
IDR 400,000 per person

Family Yoga

This family class incorporates a yoga lesson for two adults and two children over the age of five. Yoga can help improve concentration, stimulate the imagination and release energy in a fun, safe environment. Children will learn about animals, nature and basic anatomy, using animated yoga postures. For teenagers, yoga is a great way to reduce the everyday stress of school, exams and impending adulthood.

60 minutes (two adults + two children with age from five years old) IDR 3,000,000

Meditation

Discover the healing and relaxing power of this ancient therapeutic tradition, through one-on-one sessions.

60 minutes IDR 1,900,000

60 minutes (couple) IDR 2,500,000

Additional (third onwards)
IDR 400,000 per person

Pranayama

Pranayama is an art that practises breathing control, enabling optimum health and calm by increasing oxygen flow.

60 minutes IDR 1,900,000

60 minutes (couple) IDR 2,500,000

Additional (third onwards)
IDR 400,000 per person

Pranayama and Meditation (Combination)

Learn how to breathe effectively with Pranayama – the art of breath control – which enables optimum health by better supplying the body and its various organs with oxygen. Combine this with meditation, which comes easily in the silent environs of the Estate, for a dual practice that has the power to both invigorate the body and relax the mind.

60 minutes IDR 1,900,000

60 minutes (couple) IDR 2,500,000

Additional (third onwards)
IDR 400,000 per person

Fitness and Personal Training

Personal training and private fitness sessions are available on request for anyone from beginner to expert level. Our resident fitness instructor works closely with each client to determine specific needs and design a programme best suited to their goals.

60 minutes IDR 1,900,000

60 minutes (couple) IDR 2,500,000

Additional (third onwards)
IDR 400,000 per person

Pilates

Pilates is a gentle form of exercise that assists to improve posture, circulation and flexibility by toning muscles and strengthening the core. It also encourages mind-body balance with calming, regular exercises. Private Pilates sessions are available for beginners to experts, using either the mat or Reformer styles to enhance existing practice or give an introduction to the Pilates method of exercise.

60 minutes IDR 1,900,000

60 minutes (couple) IDR 2,500,000

Additional (third onwards)
IDR 400,000 per person

Pilates Rehabilitation

The purpose of this Pilates class is to address imbalances in the body that may have resulted from a physical injury. The class will teach mindful exercises that help strengthen supporting muscles that surround the affected area, with take away exercises to continue when you get back home.

60 minutes IDR 1,900,000

Qigong

Qigong has roots in Chinese medicine, martial arts and philosophy. It is the practice of cultivating and balancing Qi or 'intrinsic life energy'. Typically, Qigong involves rhythmic breathing coordinated with slow, stylised repetition of fluid Tai Chi style movements, promoting circulation, mental focus, relaxation and general wellbeing. Like the name suggests, five element Qigong focuses on each of the five elements, Fire, Earth, Metal, Water and Wood and their organ correspondences in Chinese therapy to bring about over health and longevity.

Five Elements Qi Gong IDR 1,900,000

MEN'S MENU

Promoting positive wellbeing is an integral part of COMO Shambhala's philosophy. With this goal front of mind, we have curated this treatment menu to support the needs of men. Treatments have been chosen to relieve tension, increase vitality and induce deep relaxation, encouraging a feeling of wellness from within.

MASSAGE THERAPY

COMO Shambhala Massage

The nurturing COMO Shambhala Massage is our signature massage that uses our blended massage oils to completely calm the mind and gently rejuvenate the body. This is an ideal massage for those making a commitment to improve their general wellbeing as it helps to rebalance both body and mind.

60 minutes IDR 1,400,000

90 minutes IDR 1,900,000

Deep Tissue Massage

COMO Shambhala's restorative Deep Tissue Massage relaxes the body and allows for the release of deeply held patterns of tension. The techniques used during this treatment all help to increase blood and lymph flow, so muscles can once again operate at full capacity.

60 minutes IDR 1,480,000

90 minutes IDR 1,990,000

For more on COMO Shambhala's vision and our other wellness centres worldwide, please visit comoshambhala.com

Thai Massage

Thai Massage assists in unblocking trapped energy and improves vitality. With this type of healing treatment – sometimes known as passive yoga – our expert COMO Shambhala therapists manoeuvre your body into yoga-like stretching positions, applying pressure along the meridians and mobilising joints. No oil is used during this treatment and Thai pyjamas are provided.

60 minutes IDR 1,400,000

90 minutes IDR 1,900,000

Indonesian Massage

This authentic Indonesian Massage uses our signature blended oil to help rejuvenate the body. Our experts incorporate both rolling and kneading strokes, providing a good therapeutic workout and inducing deep relaxation.

60 minutes IDR 1,400,000

90 minutes IDR 1,900,000

Indian Head Massage

Beginning in a seated position, our Indian Head Massage helps relieve stress-induced tension in the head, neck and shoulders. A gentle facial massage of the nine Marma facial points is also included.

60 minutes IDR 1,400,000

Reflexology

COMO Shambhala therapists use reflexology to help induce deep relaxation. By understanding how the body's organs respond to gentle pressure to reflex points on the feet, our experts can use reflexology to stimulate the body's natural healing processes. This is an especially nurturing treatment after a day's travelling or walking.

60 minutes IDR 1,400,000

BODY THERAPY

COMO Shambhala Skin Detoxifying Treatment

Our COMO Shambhala Skin Detoxifying Treatment helps to detox and revive tired skin, and is designed to improve circulation and skin tone. Using our signature products to exfoliate and moisturise, this therapy stimulates lymph flow to restore a healthy glow. A polish using our salt and sugar scrub is followed by a refreshing shower and then completed with the application of our signature moisturising lotion. The invigorating treatment can be enhanced with the addition of COMO Shambhala Massage to further stimulate the body's natural detoxifying functions.

60 minutes IDR 1,400,000

90 minutes (with 30 minutes massage) IDR 1,900,000

120 minutes (with 60 minutes massages) IDR 2,700,000

FACIAL CARE

Sundāri Gentlemen's Facial

The Sundāri Gentlemen's Facial is a targeted face, eye and neck treatment for the unique needs of men's skin, using the healing powers of Neem. The skin is infused with nutrients while an intense enzyme exfoliation firms, soothes and hydrates.

75 minutes IDR 2,000,000

The Complete Man

This is the ideal treatment experience for men to relieve tension and invigorate the senses. The 90-minute session begins with a back, neck and shoulder massage to alleviate the tension commonly stored in these areas. Then, a 30-minute rehydrating facial to deep cleanse the skin. The treatment finishes with a quick nail tidying. For an extended, 120-minute session, the massage will target the body's deeper tissues for more intense relief.

90 minutes IDR 1,900,000

120 minutes IDR 2,700,000

NAIL CARE

Nourishing treatments for hands and feet that use soothing massage and gentle scrubs to tidy cuticles and nails.

Manicure

This 30-minute manicure provides a soothing treatment for busy hands. It begins with a warm hand soak in aromatic water, followed by a gentle exfoliation and a nail and cuticle tidy. Next, a calming massage will leave hands feeling soft and smooth.

30 minutes IDR 400,000

Pedicure

This relaxing 30-minute pedicure comprises a warm foot soak, a gentle exfoliation and a massage using COMO Shambhala blended massage oil – a real treat for active feet. The treatment also includes a nail and cuticle tidy.

30 minutes IDR 425,000

WELLNESS CONSULTANTS

KIMBERLY ROSE KNEIER, WELLNESS DIRECTOR

Kimberly Rose Kneier has more than two decades' experience as an holistic wellness practitioner and director, with wide-ranging experience treating health concerns and improving the well-being of her clients. Originally from Canada, she has studied and practiced in China, Hawaii, Thailand, and across the Asia-Pacific region. Kneier holds a Master's Degree in Acupuncture and Oriental Medicine, diplomas in Clinical Herbalism and Natural Healing, and certifications in Qi Gong, Chi Ne Tsang (Taoist abdominal massage), life-coaching, aromatherapy and plant-based nutrition. Before joining COMO Shambala, Kneier designed personalised wellness experiences, ensuring the highest quality of holistic care as the Wellness Director at a leading Bali wellness resort.

Chinese medicine Consultation
60 minutes IDR 1.9 million

MONICA TROIANI

Yoga and Pilates Teacher

Monica is a certified yoga instructor who has trained in Italy, London and Bali. Her classes draw upon her expertise in various disciplines, including Pilates, Hatha, Asthanga and Vinyasa yoga.

Yoga for Monica is a way to better understand the body and mind, and she uses exercise to improve balance and strength. She is sensitive to guests' physical and emotional needs, and provides personalised instruction appropriate to each individual. Classes are an opportunity to preserve flexibility and harmony, improve physicality and enjoy a combination of balance and strength.

60 minutes IDR 1,900,000

For more on COMO Shambhala's vision and our other wellness centres worldwide, please visit comoshambhala.com

DEWA MADE SULENDRA

Chakra Healing

Dewa is a Bali-born healer who specialises in Kundalini energy and chakra healing. A traditional Balinese healer, he treats illness through his universal connection and delivers insights into situations to provide an opportunity for self-healing. It's a practice that has existed for thousands of years across multiple cultures and can be a life-changing catalyst.

During his sessions, Dewa energetically scans the body to locate problem areas and will act as a medium to focus universal energy to heal and balance chakras. Rebalancing your chakras can improve your mood and energy level, as well as physical symptoms from stress and anxiety, and boost self-esteem.

60 minutes IDR 1,900,000Prasanth Vayanakathu, BNYS

Ayurvedic Consultant

Prasanth graduated from Mangalore University, India with a Bachelor of Naturopathy and Yogic Sciences and has been conducting consultations in Ayurveda and Stress Management for the last 25 years.

Prasanth uses his Integrative Medicine concept based mostly on Ayurvedic science combined with Naturopathy, and Yoga to create comprehensive wellness programmes for detox, rejuvenation, relaxation, and de-stressing. Ayurvedic medical science's unique approach is specific to an individual's constitution and treats through a medicinal lifestyle, Ayurvedic nutrition, body therapies, Yoga & herbal medicines.

Prasanth also conducts Marma Therapy for guests. Marma therapy is a specialized branch of Ayurveda which cleanses blocked energy via light stimulation of the 107 points in the body. These hidden points are channels to access the body, mind, and consciousness. Vital Marma points are stimulated by the application of moderate to deep pressure using the fingertips; some vibrational techniques are also used.

Ayurveda Consultation

60 minutes IDR 1,900,000

WELLNESS IMMERSIONS

Restorative wellness takes time. Our COMO Shambhala Immersions are longer, curated experiences that combine multiple treatments and modalities to offer targeted benefits – while still being achievable in a day.

Be Active

Kick-start an active lifestyle you can sustain, armed with new insights about your body. This Immersion incorporates an exercise session and treatments designed to benefit an active lifestyle.

Inclusions:

- A 60-minute personal training
- A 60-minute group exercise class or wellness activity (timing per scheduled daily activities)
- A 60-minute Thai massage, where our therapist will maneuver your body into yoga-like stretching positions to help unblock trapped energy
- A 60-minute reflexology treatment, targeting pressure points on your feet to help rebalance your senses
- A glass of COMO Shambhala Muscle Mylk – a blend of banana, coconut milk and other enriching ingredients designed to speed recovery by reducing inflammation and replenishing nutrients

Single IDR 3,440,000, Couple IDR 6,192,000

For more on COMO Shambhala's vision and our other wellness centres worldwide, please visit comoshambhala.com

COMO Shambhala Cleanse

Cultivate an approach to wellbeing that goes beyond skin-deep. This Immersion combines movement, body treatments and massage therapies for a sense of active renewal and gentle cleansing, along with a small gift to continue inspiring a healthy lifestyle at home.

Inclusions:

- A 60-minute group exercise class or wellness activity (per scheduled daily activities)
- A 30-minute COMO Shambhala Skin Detoxifying Treatment: a scrub, shower with our PURIFY massage oil blend, to help detox and revive tired skin, assisting to improve circulation and skin tone
- A 60-minute Manual Lymphatic Drainage Massage, designed to encourage lymph drainage, carrying toxins and waste away from the tissues, aiding the body's natural detoxification process
- A glass of COMO Shambhala Green and Clean Juice that boosts energy and assists immune function
- A 100ml bottle of our PURIFY blended massage oil, which combines cleansing fennel and citrus oils with the soothing effects of cypress and the refreshing scents of sweet grapefruit

Single IDR 2,460,000, Couple IDR 4,428,000

For more on COMO Shambhala's vision and our other wellness centres worldwide, please visit comoshambhala.com

COMO Shambhala Sleep

Sleep is one of the most important components of wellness. This Immersion sets you up for a night of true rest while you're with us. We will also suggest ways to adjust your home environment – your shower habits, aroma usage, meal schedules and more – for better sleep patterns, which will reduce stress and restore energy long-term.

Inclusions:

- A 60-minute personal training
- A 60-minute group exercise class or wellness activity (per scheduled daily activities)
- A 60-minute COMO Shambhala Massage, which uses our signature blended massage oils that assist to completely calm the mind and gently rejuvenate the body
- A 60-minute reflexology treatment massage treatment, where our therapists apply gentle pressure to the body's reflex points in order to rebalance your senses
- A 10ml CALM essential oil blend to use in your bath later in the evening, helping you prepare for restful sleep

Single IDR 3,640,000, Couple IDR 6,552,000

COMO Shambhala Glow

Restore your natural radiance – often dulled by the daily hustle. This Immersion consists of intense personal care as our expert therapists treat your skin, muscles, nails and senses with a variety of indulgent experiences.

Inclusions:

- A 60-minute group exercise class or wellness activity (per scheduled daily activities)
- Your choice of a 60-minute COMO Shambhala massage treatment
- A 30-minute facial helps to restore skin moisture and create a healthful glow
- A 30-minute body scrub using our INVIGORATE exfoliant, assisting to remove impurities and soften the skin
- A 30-minute manicure or pedicure to tidy and shape your nails
- A COMO Shambhala balm of your choice to take home

Single IDR 4,696,000, Couple IDR 8,452,800

COMO Shambhala Bespoke

Choose what works for you. This Immersion is for those looking for a more personalised experience, with activities and treatments chosen according to your specific needs. Please speak to a member of our team for more information on what options might suit you at +62 361 978888 or email us at csreservations.cse@comohotels.com.

Inclusions:

- Your choice of 60-minute group exercise class or wellness activity (per scheduled daily activities)
- Your choice of any two COMO Shambhala treatments (60 minutes each, 120 minutes total)

Single IDR 5,030,000, Couple IDR 9,054,000

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COMO SHAMBHALA

ESTATE