



COMO
SHAMBHALA

WELLNESS BEGINS
WITHIN

INSPIRING COMMITMENT
TO LIFELONG WELLNESS

Admission

All COMO Shambhala Estate guests aged 16 and older have complimentary use of COMO Shambhala's fitness centre. 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 by dialling extension 2 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

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 opening hours.

Arrival

We recommend that you arrive at least 15 minutes prior to your appointment time in order to complete a brief, confidential client form. This is to check for contraindications to any treatments.

Outdoor Treatment Pavilions at Kedara

We are excited to offer you the option of experiencing selected massages outdoors. These exquisite treatment pavilions are nestled in the picturesque surroundings near the Ayung river. To enhance your relaxation and allow you to fully immerse yourself in the natural beauty of our property, each outdoor treatment includes a luxurious flower bath. We believe this extra touch will enrich your experience and provide you with an opportunity to truly unwind amid the lush nature that surrounds us.

It is a beautiful walk down the ravine to our treatment pavilions, but please be aware there are about 300 steps you will need to descend and climb before and after your treatment. The closest treatment pavilion is approximately a 10-minute walk, while more distant locations may take around 15 to 20 minutes. Please also note that the outdoor treatment pavilions close at 5.00pm due to sundown.

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 charged at the full treatment price.

Valuables

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 treatments. Our experts are trained in a variety of massage 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 1,800,000

90 minutes IDR 2,300,000

*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 1,900,000

90 minutes IDR 2,400,000

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 1,800,000

90 minutes IDR 2,300,000

Prenatal Massage

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

60 minutes IDR 1,800,000

90 minutes IDR 2,300,000

Taksu Massage

The exchange 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 helps to soothe headaches and muscular tension, this treatment is a welcoming antidote for those affected by stress.

60 minutes IDR 1,800,000

90 minutes IDR 2,300,000

Indian Head Massage

Beginning in a seated position with a focus on the head, neck and shoulder area, this tension-releasing massage uses pressure points and deep tissue techniques to ease tight muscles. A gentle facial massage of the nine Marma facial points is also included.

60 minutes IDR 1,800,000

Couple Massage Workshop

A couple's private 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 2,100,000

Foot Acupressure Massage

Our COMO Shambhala therapists understand how the feet respond to gentle pressure. Through thumb pressure and massage on the feet, this treatment can help to stimulate the body's natural recovery process and induce deep relaxation.

60 minutes IDR 1,800,000

Hot River Stone Massage

COMO Shambhala's Hot River Stone Massage is a powerful therapeutic treatment where smooth, warm oiled stones are used to ease tension and promote a deep state of relaxation. By firmly gliding the stones along the muscles, the massage relieves tensions and deep-held muscular knots. The treatment also involves dynamic stretches.

90 minutes IDR 2,450,000

Manual Lymphatic Drainage

This gentle massage helps to cleanse the body of unwanted toxins, giving your body a 'reboot' so it can function more efficiently.

60 minutes IDR 1,800,000

90 minutes IDR 2,300,000

Sport Massage

Our sports massage is designed, though not exclusively, for those who participate in athletic activities. It can be enjoyed as it is by itself, or either before or after physical activity to help prevent injury, maintain optimal condition, and speed muscle recovery.

60 minutes IDR 1,890,000

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 1,800,000

90 minutes IDR 2,300,000

BODY THERAPY

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

COMO Shambhala Bath

Our cleansing COMO Shambhala Bath treatment gently exfoliates and softens the skin. After dry brushing your body, our therapists will apply COMO Shambhala's Body Scrub. Once this has been absorbed into the skin, enjoy an invigorating bath before the session concludes with our signature COMO Shambhala Massage.

120 minutes IDR 2,800,000

COMO Shambhala Skin Detoxifying Treatment

Designed to improve circulation and skin tone,our COMO Shambhala Skin Detoxifying treatment helps to cleanse and revive tired skin. Using our signature products to exfoliate and moisturise, this therapy stimulates the lymphatic system to restore a healthy glow.

45 minutes IDR 1,600,000

105 minutes (with 60 minutes
massage) IDR 2,800,000

Javanese Royal Lulur Bath

A traditional beauty regime at the Royal Palaces of Central Java, this deep treatment is ideal for tired skin, combining an energising Indonesian Massage with an invigorating body scrub and an aromatic flower bath. The treatment concludes with the application of body lotion to soften and fully hydrate the skin.

120 minutes IDR 2,800,000

Traditional Balinese Body Wrap

For the COMO Shambhala Traditional Balinese Body Wrap, our expert therapists blend hand-crushed rice with warming spices to create a stimulating rub, which is then 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 2,800,000

AYURVEDA THERAPY

Ayurveda means 'the science or knowledge of life' and is an ancient system of Indian holistic healthcare. 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.

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 body's constitution. Benefits include weight loss, stress relief and detoxification.

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 2,200,000

60 minutes IDR 3,200,000 (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 2,600,000

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 3,500,000

Nasya Karma

This nurturing treatment is excellent for sinus sufferers, 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 1,800,000

Marma Therapy

Marma therapy is a specialised 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

This treatment is delivered by our Ayurvedic Consultant

ORIENTAL THERAPY

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 system to boost our body's ability to tackle and prevent illness and disease. Oriental medicine is naturally holistic in its approach.

Acupuncture

An ancient treatment in Oriental Medicine, acupuncture involves the gentle insertion of fine needles into specific points on the body's meridians through which the body's vital energy – known as Qi – travels. The process stimulates our healing responses and rebalances the body, giving the immune system a powerful boost. Acupuncture can provide effective support for a number of health issues ranging from insomnia and poor digestion to stress relief and fertility challenges. Each private COMO Shambhala acupuncture session is individually tailored

for the guest, whether it's to help with anxiety or offer effective pain relief. For enhanced benefits, we recommend a course of three treatments. Please speak to our acupuncture specialists for assistance.

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

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 Standalone treatment.

Add to any acupuncture session IDR 450,000

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.

MICROBIOME FACIAL

Be treated to the world's first certified microbiome-friendly skincare facial treatment that incorporates pre and postbiotics to nourish skin. This is a high efficacy facial that boosts skin's overall health and hydration, keeping your microbiome levels in check

COMO Shambhala Microbiome Facial

For enhancing skin health, hydration, and fortifying skin barrier.

60 minutes IDR 2,700,000

COMO Shambhala Glow Enhance Facial

For uneven skin tone due to hormonal changes or sun damage.

60 minutes IDR 2,850,000

SUNDĀRI FACIAL

Inspired by ancient Ayurvedic principles, SUNDĀRI body and skincare products deliver a holistic and balanced approach to wellness that connects inner wellness to outer beauty.

Sundāri “Essential Supplifying” Facial

Breathe new life into dry or stressed skin with this deeply nourishing and intensely hydrating treatment. It starts with a relaxing Abhyanga back massage, followed by application of SUNDĀRI's Omega3+ complex, using naturally active ingredients to restore lost skin lipids. Skin is left soft and renewed with a natural glow.

90 minutes IDR 2,850,000

Sundāri Age Defying Firming Facial

Using the regenerative properties of Gotu Kola, this facial instantly exfoliates, firms and improves tone and texture to help reclaim your skin's youth.

60 minutes IDR 1,900,000

Sundāri Intensive Healing Facial

Suitable for very sensitive skin, this facial 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 1,900,000

Sundāri Beautiful Eyes

Assisted by penetrating age-defying formulas, this treatment not only hydrates and firms the delicate eye area, it also reduces puffiness, and soothes tired eyes.

30 minutes IDR 1,000,000

Sundāri Firming Neck Treatment

This 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 1,000,000

MIND AND BODY DISCIPLINE

COMO Shambhala offers a variety of classes and activities, including yoga, Pilates and physical activity 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 1,950,000

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 power of meditation in a one-on-one session that will introduce you to the basics of this ancient therapeutic tradition.

30 minutes IDR 1,000,000

60 minutes IDR 1,950,000

60 minutes (couple) IDR 2,500,000

Additional (third onwards)
IDR 400,000 per person

Pranayama

Breathwork - or Pranayama in Sanskrit - is an art that practises breathing control, enabling optimum health and calm by increasing oxygen flow.

30 minutes IDR 1,000,000

60 minutes IDR 1,950,000

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 Breathwork – the art of breath control – which enables optimum health by better supplying the body and its various organs with oxygen. Combine this with meditation for a dual practice that has the power to both invigorate the body and relax the mind.

60 minutes IDR 1,950,000

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 seasoned level. Our resident fitness instructor works closely with each client to determine specific needs and design a programme best suited to their goals.

30 minutes IDR 1,000,000

60 minutes IDR 1,950,000

60 minutes (couple) IDR 2,500,000

Additional (third onwards)

IDR 400,000 per person

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.

60 minutes IDR 1,950,000

Please include the following:

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 2,100,000

60 minutes (couple) IDR 2,500,000

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 takeaway exercises to continue when you get back home.

60 minutes IDR 2,100,000

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 1,800,000

90 minutes IDR 2,300,000

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 1,900,000

90 minutes IDR 2,400,000

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 1,800,000

90 minutes IDR 2,300,000

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 1,800,000

90 minutes IDR 2,300,000

Indian Head Massage

Beginning in a seated position with a focus on the head, neck and shoulder area, this tension-releasing massage uses pressure points and deep tissue techniques to ease tight muscles. A gentle facial massage of the nine Marma facial points is also included.

60 minutes IDR 1,800,000

Foot Acupressure Massage

Our COMO Shambhala therapists understand how the feet respond to gentle pressure. Through thumb pressure and massage on the feet, this treatment can help to stimulate the body's natural recovery process and induce deep relaxation.

60 minutes IDR 1,800,000

COMO Shambhala Glow Enhance Facial

For uneven skin tone due to hormonal changes or sun damage.

60 minutes IDR 2,850,000

FACIAL CARE

Sundāri Gentlemen's Facial

A targeted face, eye and neck treatment for the unique needs of men's skin, this facial harnesses the healing powers of Neem. The skin is infused with nutrients while an intense enzyme exfoliation firms, soothes and hydrates.

75 minutes IDR 2,200,000

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 2,100,000

120 minutes IDR 2,900,000

WELLNESS CONSULTANTS

KIMBERLY ROSE KNEIER

Chinese Medicine Consultant

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 Qigong, Chi Ne Tsang (Taoist abdominal massage), life-coaching, aromatherapy and plant-based nutrition.

60 minutes Traditional Chinese Medicine Consultation IDR 1,900,000

60 minutes Biodynamic Cranial Sacral Therapy IDR 2,600,000

Up to 120 minutes Yin Breathwork IDR 3,200,000

PRASANTH 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 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 and herbal medicines. Prasanth also conducts Marma Therapy for guests.

60 minutes Ayurvedic Consultation IDR 1,900,000

MINS TEO

Pilates and Yoga Teacher

Teo has over a decade of international experience as a movement teacher and practitioner; thanks to her training as a Ballet and Contemporary dancer, degree in Biomedical Science, and certifications in Clinical Pilates, Yoga, Gyrotonic, tension/Trauma-releasing exercise, Hydrotherapy, and Sports Massage therapy.

In her sessions, she enjoys using precise movement to realign the body, as well as mind-body techniques to relieve stress and enhance one's connection with the body, based on the principles of Pilates, as well as the Hatha, Vinyasa, and Ashtanga schools of Yoga.

Originally from Singapore, she has studied and practised in Germany, Sweden, the Maldives, Thailand, and throughout the Asia-Pacific and Caribbean regions.

60 minutes Yoga IDR 1,950,000

60 minutes Pilates IDR 2,100,000

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 1,900,000

WELLNESS PACKAGES

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

COMO Shambhala Active

Kick-start an active lifestyle you can sustain, armed with new insights about your body. This package 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 manoeuvre your body into yoga-like stretching positions to help unblock trapped energy
 - A 60-minute foot acupressure massage 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 4,500,000, Couple IDR 8,500,000

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 package 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 2,650,000, Couple IDR 4,850,000

COMO Shambhala Sleep

Sleep is one of the most important components of wellness. This package 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 foot acupressure massage treatment massage treatment, where our therapists apply gentle pressure to the body's reflex points in order to rebalance your senses
- A 10ml Sleep essential oil blend to use in your bath later in the evening, helping you prepare for restful sleep

Single IDR 4,800,000, Couple IDR 8,400,000

COMO Shambhala Beauty

Restore your natural radiance – often dulled by the daily hustle. This package 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)
- A 30-minute body scrub using our INVIGORATE exfoliant, assisting to remove impurities and soften the skin
- 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 manicure or pedicure to tidy and shape your nails
- A 10ml CALM essential oil blend to take home

Single IDR 3,300,000

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COMO
SHAMBHALA
ESTATE