



COMO
SHAMBHALA

WELLNESS BEGINS
WITHIN

FACT SHEET

COMO SHAMBHALA SINGAPORE
AT COMO ORCHARD





On 20th December 2023, COMO Shambhala debuted its largest urban flagship to date at COMO Orchard more than two decades after it first opened its doors as an intimate yoga studio in Singapore in 1997. It is a critical part of the COMO Group's new integrated lifestyle destination, in the heart of Singapore.

With brand-new facilities and amenities, the most complete iteration of the global wellness brand showcases an expanded repertoire beyond its core offering of yoga, Pilates and Gyrotonic®. Expert instructors support guests from basic to advanced levels, wherever they may be on their wellness journeys, with more than 120 group classes a week.

Personal fitness training is a key component of the new centre, combined with cutting-edge tech therapies, integrated wellness programmes and holistic experiences in a dynamic environment to uplift the mind, body and spirit.



FACILITIES

COMO Shambhala Singapore is housed in a 9,000 sq ft space with:

Boutique Fitness Gym

- 1,500 sq ft space
- Outfitted with over 20 types of strength and functional training equipment including Eleiko weightlifting equipment

Red Light Therapy Room

- Watt bike and yoga mat

Yoga Studios

- One yoga studio for group classes
- One private studio

Pilates Studios

- One group Pilates studio with Balanced Body equipment, including: six Reformers with Tower from Contrology range, and six Wunda Chairs
- One private studio with Balanced Body equipment, including: a Cadillac, Pilates Arm Chair, Pedi Pole, Ladder Barrel, Step Barrel and Reformer with Jumpboard

Contrast Therapy Rooms

- Two private rooms for individuals and small groups, each with its own facilities: a Brass Monkey ice bath (the world's first that makes its own ice sheets); a Sunlighten infrared sauna which can accommodate from 2 to 4 people (with a choice of three different wave lengths and use of chromatherapy)

Oxygen Therapy Space

- Two Airpod™ hydroxy mild hyperbaric devices, (first in Singapore): a choice of Propel (capsule) or Revive (upright seated)

COMO Shambhala Lounge and Retail Space

- Space for wellness talks and events
- COMO Shambhala products
- Travel and lifestyle essentials
- Apparel
- Fitness products and accessories
- Health supplements
- Nutritious drinks and snacks

Separate Male and Female Changing Rooms

- RFID Lockers
 - COMO Shambhala amenities
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WELLNESS OFFERINGS

Consultations and Diagnostics

- Nutrition
- Gut microbiome testing
- Counselling
- Life coaching

Fitness and Health-Tech Therapies

- Gym with personal training
- Functional fitness classes
- Red light therapy (utilises wavelengths within the red and near infrared spectrum to enhance performance and aid muscle recovery)
- Contrast therapy with infrared sauna and ice bath
- Oxygen Therapy: two AirPod™ hydroxy mild hyperbaric wellness devices deliver a proprietary combination of oxygen and molecular hydrogen. to create an environment where one receives 50% more oxygen compared to breathing air. Regular 60-minute sessions help to increase blood flow, decrease inflammation and improve sleep

Movement and Mindwork

- Twelve yoga styles, including Iyengar, Hatha, Jivamukti and Yin Yang
- Eight mat and reformer Pilates variations, including Core Barre, Tower Pilates, Jumpboard and Suspend
- Gyrotonic®
- Meditation
- Mindfulness
- Sound therapies
- Breathing techniques

Bodywork

- Physiotherapy (to assist with various conditions, from pain management to rehabilitation, offered through a partnership with Strength Clinic Academy)
- COMO Shambhala Signature Massage
- Deep Tissue Massage
- Thai Massage
- Prenatal Massage
- Sports Massage



Facial Therapies

- COMO Shambhala Microbiome Facial: the world's first certified microbiome-friendly skincare treatment that incorporates pre and postbiotics to nurture skin to optimal health, using proprietary formulations created by Sage & Ylang with top researchers from Singapore's Agency for Science, Technology and Research

All other facials use products from the patented formula range, P5skincare, by Dr. Priya Sen.

- Anti-Ageing and Firming Facial
- Deep Cleansing and Brightening Facial
- Calming and Soothing Facial
- Guasha Facial

A LA CARTE AND PACKAGE FEES

A trial pass for 2 personal training sessions at \$295 is available to first-time visitors of COMO Shambhala Singapore.

Personal Training packages available from \$1,945 for 12 sessions (inclusive of daily functional fitness classes and access to red light therapy room).

The therapies and treatment packages below are available in blocks of 12 sessions:

- Contrast Therapy packages from \$1,370
- Hyperbaric Oxygen Therapy packages from \$2,050
- Massage Therapy packages from \$2,375
- Facial Treatment packages from \$1,455

Our Gold, Silver and Bronze membership annual fees are listed separately and are available on request

MEDIA ENQUIRIES

For more information on COMO Shambhala Singapore, visit our website comoshambhala.com
Press images are available from Gladys Ow Yong: gladys@directionsgroupinc.com

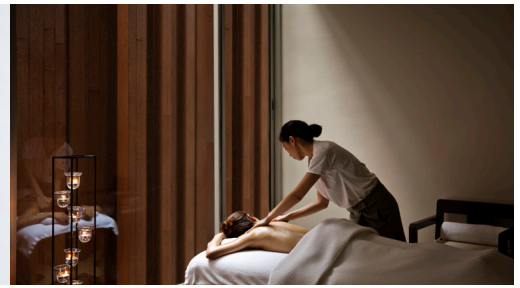




COMO SHAMBHALA ESTATE



COMO SHAMBHALA THE TREASURY



COMO SHAMBHALA METROPOLITAN BANGKOK



COMO SHAMBHALA POINT YAMU



COMO SHAMBHALA PARROT CAY



COMO SHAMBHALA UMA CANGGU



COMO SHAMBHALA CASTELLO DEL NERO



COMO SHAMBHALA ALPINA DOLOMITES



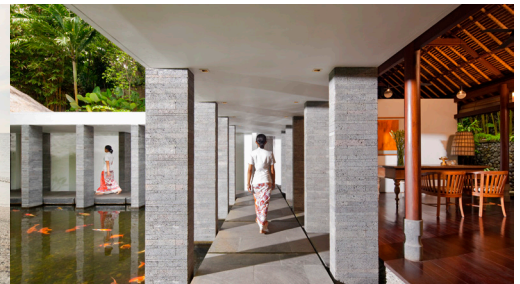
COMO SHAMBHALA MAALIFUSHI



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OPENING TIMES:

Monday to Sunday,
from 7am to 9pm
(closes at 6pm on Singapore
public holidays)