



COMO
SHAMBHALA

WELLNESS BEGINS
WITHIN

SERVICE MENU

Admission

Individuals aged 16 and older may enjoy the services at COMO Shambhala Singapore, subject to the relevant health checks. Please approach the Concierge Team about treatments for individuals under the age of 16.

Facilities

- 1,500sq ft Boutique Fitness Gym
- Red Light Therapy Room
- Yoga Studios
- Pilates Studios
- Gyrotonic® Studio
- Contrast Therapy Rooms – Infrared Sauna and Ice Bath
- Oxygen Therapy Space – Hyperbaric Airpods™
- Spa Treatment Rooms
- Lounge
- Changing Rooms with RFID Lockers

Appointments and Reservations

Call the COMO Shambhala Singapore Concierge Team at +65 6304 3552 or email us at enquiry@comoshambhala.com. You may also make appointments through the COMO Shambhala Singapore booking app which can be downloaded from App Store and Google Play Store. We recommend that you schedule appointments in advance to secure your preferred time. We always try our best to accommodate requests for individual therapists and specialists based upon their availability.

Opening Hours

Mondays to Thursdays: 7am to 9pm

Fridays to Sundays: 7am to 7pm

Public Holidays: 7am to 6pm

Arrival

We recommend that you arrive at least 10 minutes prior to appointment time to relax and prepare yourself. Arriving late will limit the time of your sessions. For your first visit to COMO Shambhala Singapore, you will be requested to complete a brief, confidential Client Information Form and Health Check. This is to check for contraindications to any training programmes or treatments.

Cancellation Policy

Should you wish to cancel an appointment, please let us know ahead of time.

All group classes: At least 12 hours ahead

All private classes: At least 24 hours ahead

All consultations and treatments: at least 24 hours ahead

If a cancellation is made outside of the early cancellation window, the full cost for the treatment or class will be charged. No-shows will also be charged the full cost of the treatment or class.

Valuables

Lockers are available for storing your belongings during your visit. COMO Shambhala Singapore accepts no responsibility for the loss of money or valuables of any kind.

Prices and Packages

All prices stated are in Singapore Dollars and are inclusive of Government and Service Tax (GST) at the prevailing rate, as we are a GST-registered company. For package validity, please refer to the last page of this menu.

Gift Certificates

From classes to treatments, gift an indulgent wellness experience with a gift certificate.

WELLNESS OFFERINGS AT A GLANCE

Fitness

Personal Training

Gym and Red Light Therapy

Health-Tech Therapies

Hyperbaric Oxygen Therapy

Heat Therapy

Cold Therapy

Contrast Therapy

Movement

Yoga

Pilates

Gyrotonic®

Spa Treatments

Massage

Facial

Alternative Therapies, Diagnostics and Consultations

Physiotherapy

Gut Microbiome Testing

Life Coaching

FITNESS

Our gym has over 20 types of strength and functional equipment, as well as a wide range of cardiovascular machines and a red light therapy room. This unique approach brings movement and recovery into one holistic space. Recognised brands such as Hammer Strength, Life Fitness and Eleiko have been curated from around the world to bring you the best equipment.

The rolling monthly gym membership contract gives you 24 hours 7 days a week access to the Gym including Red Light Therapy
Gym membership \$295/month

Red Light Therapy

Red Light Therapy is a pre- and post-workout therapy that enhances performance and promotes muscle recovery utilising wavelengths within the red and near infrared spectrum.

Personal Training

Experience one-on-one sessions with a certified fitness coach to help you meet your goals through personalised assessment and tailored training.

60 minutes \$180 – \$240

Package

Trial (two sessions)* \$295 (\$147.50/ session)

12 sessions \$1,945 (\$162.10/ session)

24 sessions \$3,800 (\$158.33/ session)

First-time personal training clients receive a complimentary consultation including a body scan assessment with the purchase of any package. Personal training plans allow guests full access to the gym for the duration of the package.

*Trial is valid for two weeks.

HEALTH-TECH THERAPIES

Our new suite of restorative treatments use cutting-edge technology to deliver science-backed health and wellness benefits.

Hyperbaric Oxygen Therapy

A first in Singapore, the Hyperbaric Airpod™ delivers a unique blend of oxygen and molecular hydrogen to support the body's natural healing processes by delivering up to 50% increase in oxygen, promoting sleep and mental acuity, while increasing energy and stamina.

60 minutes \$180

90 minutes \$270

Package

6 sessions \$1,025 (\$170.83/ session)

12 sessions \$2,050 (\$170.83/ session)

24 session \$3,885 (\$161.88/ session)

Heat Therapy

Enjoy a rejuvenating treatment in a cedarwood sauna that leverages infrared lights heated up to 75°C to stimulate body warmth. Coupled with chroma and sound therapy, the infrared spectrum promotes cell rejuvenation and fat reduction, while reducing inflammation and increasing collagen production.

45 minutes \$85

Package

6 sessions \$485 (\$80.83/ session)

12 sessions \$795 (\$66.25/ session)

24 sessions \$1,510 (\$62.92/ session)

Cold Therapy

Submerge in an ice bath with water at 0 to 10°C to enjoy numerous health benefits ranging from weight loss and muscle recovery, to improved immunity and resilience.

15 minutes \$60

Package

6 sessions \$340 (\$56.67/ session)

12 sessions \$685 (\$57.08/ session)

24 sessions \$1,295 (\$53.96/ session)

Contrast Therapy

The next level of accelerated tech therapy, this treatment alternates heat and cold therapies, improves wellbeing, builds immunity and elevates mood, while enhancing fitness performance and the body's ability to recover.

60 minutes \$120

Package*

6 sessions \$685 (\$114.17/ session)

12 sessions \$1,370 (\$114.17/ session)

24 sessions \$2,590 (\$107.92/ session)

*Individual and group bookings are available.

Each additional guest can join the same session at \$30 (maximum of 3 additional guests)

MOVEMENT

At the core of the yoga, Pilates and Gyrotonic® disciplines, is a mind-body connection grounded in functional movement and breathwork. Ease into a deeper yoga and Pilates practice with intimate private classes or opt for group classes with a low student-instructor ratio.

Yoga

Yoga offers a workout for the body and mind, combining strengthening poses with breathing and meditation techniques. Benefits can include increased flexibility and muscle tone, to lowered stress levels and blood pressure.

60 minutes Group Class \$45

60 minutes Private Class \$180 – \$240

Package

Private Class

12 sessions \$1,945 (\$162.08/ session)

24 sessions \$3,800 (\$158.33/ session)

Private Class, Senior Instructor

12 sessions \$2,270 (\$189.17/ session)

24 sessions \$4,285 (\$178.54/ session)

Styles of yoga offered include Hatha, Iyengar, Prenatal, Postnatal, Restorative and Yin Yang.

Approach our Concierge Team to enquire about the availability of other types of yoga.

Pilates

Designed by Joseph Pilates, a physical trainer specialising in rehabilitation, Pilates is a practice that improves physical strength, flexibility, posture and enhances mental awareness.

Pilates Equipment Classes

Includes Chair Reformer, Reformer and Suspend

60 minutes Group Class \$65

Package

12 sessions \$740

Pilates Mat Classes

Includes BOSU, Core Barre, Sculpt & Tone, Mat with props, Movement with props

60 minutes Group Class \$45

Private Equipment and Mat Classes

45 minutes Pilates Assessment \$150

60 minutes Individual Class \$180 – \$240

60 minutes Class, Senior Instructor

Duo \$280

Trio \$330

Package

Individual Class, Senior Instructor

12 sessions \$2,300 (\$191.67/ session)

24 sessions \$4,285 (\$178.54/ session)

Duo 12 sessions \$3000 (\$250.00/ session)

Trio 12 sessions \$3,570 (\$297.50/ session)

Mat Yoga and Pilates

Gain strength and mobility from yoga practices to stretch out the muscles worked in Pilates. Build a strong core foundation through Pilates for stability and control, beneficial for advanced yoga asanas such as inversions and backbends. A balanced practice of both ensures that body and mind benefit holistically.

Package

Two-week unlimited Mat Classes
(single purchase) \$190

Group Yoga and Pilates Mat Class

12 sessions \$490 (\$40.83/ session)

24 sessions \$935 (\$38.96/ session)

48 sessions \$1,835 (\$38.23/ session)

60* sessions \$2,295 (\$38.25/ session)

*Yoga and Pilates combination packages
are shareable between two persons.

Gyrotonic®

Gyrotonic® works your entire body, replicating the muscle movements in swimming, yoga, dance and gymnastics. Performed on a Pulley Tower with weights for resistance, the stretch with breathwork supports connective tissues, mobilises the spine, promotes endurance and neuro-muscular rejuvenation.

60 minutes Private Class \$240

Private class

12 sessions \$2,765 (\$230.42/ session)

MASSAGE

Blending modern science with ancient healing practices, our range of massages offer a relaxing and rejuvenating experience. Our expert therapists are mindful of diverse conditions and tailor sessions to address specific concerns.

COMO Shambhala Massage

The nurturing COMO Shambhala Massage is our signature massage that uses our blended massage oils to calm the mind and 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 \$220

90 minutes \$300

Package

60 minutes

6 sessions \$1,230 (\$205.00/ session)

12 sessions \$2,375 (\$197.92/ session)

90 minutes

6 sessions \$1,675 (\$279.17/ session)

12 sessions \$3,240 (\$270.00/ session)

Deep Tissue Massage

This restorative 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 flow and release tension and tightness in your muscles and connective tissue, so muscles can once again operate at full capacity.

60 minutes \$220

90 minutes \$300

Package

60 minutes

6 sessions \$1,230 (\$205.00/ session)

12 sessions \$2,375 (\$197.92/ session)

90 minutes

6 sessions \$1,675 (\$279.17/ session)

12 sessions \$3,240 (\$270.00/ session)

Thai Massage

Thai Massage assists in improving energy flow and vitality. With this type of 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 \$220

90 minutes \$300

Package

60 minutes

6 sessions \$1,230 (\$205.00/ session)

12 sessions \$2,375 (\$197.92/ session)

90 minutes

6 sessions \$1,675 (\$279.17/ session)

12 sessions \$3,240 (\$270.00/ session)

Prenatal Massage

Our Prenatal Massage is specially tailored 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 \$210

Manual Lymphatic Drainage Massage

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

60 minutes \$220

90 minutes \$300

Package

60 minutes

6 sessions \$1,230 (\$205.00/ session)

12 sessions \$2,375 (\$197.92/ session)

90 minutes

6 sessions \$1,675 (\$279.17/ session)

12 sessions \$3,240 (\$270.00/ session)

FACIAL

COMO Shambhala offers facial care for every skin type, including non-invasive anti-ageing facials. Indulge in targeted treatments tailored to your skin's needs, restoring it to optimal health for a youthful glow.

COMO Shambhala Microbiome Facial

Soothe, hydrate, and protect your skin with a facial that uses the world's first personalised microbiome skincare. A proprietary blend of prebiotics and postbiotics balances the natural bacteria and pH to nourish the skin barrier, making it more resilient for a healthier complexion.

45 minutes \$120

Package

6 sessions \$675 (\$112.50/ session)

12 sessions \$1,295 (\$107.92/ session)

Anti-ageing and Firming Facial

This non-invasive treatment tones muscles, lifts facial contours and offsets the results of environmental stresses by boosting skin renewal and elasticity. With multi-polar radio frequency and vacuum technology to increase microcirculation and collagen, you can look forward to smoother, firmer skin.

90 minutes \$310

Package

6 sessions \$1,710 (\$285.00/ session)

12 sessions \$3,275 (\$272.92/ session)

Deep Cleansing and Brightening Facial

A deep cleansing treatment to clear skin pores, surface debris and layers of dead cells for an even-toned complexion and radiant glow. Essential active ingredients such as vitamins B and C, tetraoetides and antioxidants are infused into your skin to stimulate cellular renewal, encouraging a luminous finish.

60 minutes \$190

Package

6 sessions \$1,025 (\$170.83/ session)

Gua Sha Facial

A rejuvenating facial treatment that relaxes facial muscles, tightens the oval of the face and leaves the skin supple. Indulge in mild cleansing and exfoliation with hot steam, enjoying the benefits of PSskin products. A face oil is applied to the skin before using a jade or rose quartz gua sha tool in lightly pressured movements to promote lymphatic drainage, while eliminating puffiness and dark circles.

60 minutes \$135

Package

6 sessions \$745 (\$124.17/ session)

Calming and Soothing Facial

Designed to treat acne-prone skin, this facial deeply cleanses and exfoliates skin to treat stubborn spots. An ultrasound machine and a range of skin boosters are used to customise the treatment, calming inflammation and redness while hydrating the complexion.

75 minutes \$210

Package

6 sessions (\$189.17/ session)

ALTERNATIVE THERAPIES, DIAGNOSTICS AND CONSULTATIONS

Incorporating alternative healing and mindful practices into a holistic wellness routine helps build emotional and mental resilience. Complement these therapies with movement and functional training for a 360-degree approach to balancing the body and mind.

Physiotherapy

From acute and chronic injury management to post-surgery rehabilitation and pain management, let our experienced therapists from Strength Clinic Academy work with you to investigate underlying factors, offering personalised treatments with a holistic touch.

30 minutes \$175

45 minutes \$230

60 minutes \$275

Gut Microbiome Testing

A comprehensive gut microbiome test offers valuable insight into the microbiota composition in the digestive system. Test results are a direct bio-marker of your current and future health developments. Based on the findings, our trained experts can design a personalised fitness, recovery and nutrition regime to improve your wellbeing.

Single session \$400

Please approach our Concierge Team for more information.

Life Coaching

Integral coaching facilitates meaningful growth and self-development, allowing you to find the best version of yourself. Our integrative coaches help unpack presenting challenges and offer practical, creative ways to find your purpose and authenticity, in your professional and personal life.

First session 90 minutes \$350

Follow-up session 60 minutes \$300

Please approach our Concierge Team for more information.

Validity of packages

6 sessions/ classes – valid for 3 months

12 sessions/ classes – valid for 6 months

24, 48 and 60 sessions/ classes – valid for 12 months

All sessions and classes are 60 minutes long, unless otherwise stated or advised.

For extension of package validity, please email enquiry@comoshambhala.com before the package expires. Requests for package suspension will be accepted only with supporting medical documents.

COMO Shambhala reserves the right to charge a client the full amount for an appointment in the event that the client is late for the appointment and the service or class cannot be carried out due to time constraints. Extensions for appointments cannot be entertained.



COMO
SHAMBHALA
METROPOLITAN
SINGAPORE