



COMO
SHAMBHALA
SINGAPORE

WELLNESS OFFERINGS



WELLNESS IS A WAY OF LIFE.
WE HAVE TO TAKE OWNERSHIP OF OUR OWN
WELLBEING, WHICH IS WHY WELLNESS NEEDS
TO START FROM WITHIN.

- CHRISTINA ONG, FOUNDER



WELLNESS OFFERINGS

FITNESS

GYM WITH PERSONAL TRAINING
FUNCTIONAL FITNESS CLASSES
RED LIGHT THERAPY

HEALTH-TECH THERAPIES

HEAT THERAPY
COLD THERAPY
CONTRAST THERAPY
HYPERBARIC OXYGEN THERAPY

MOVEMENT

YOGA
PILATES MAT AND REFORMER
GYROTONIC®

WELLNESS THERAPIES AND TREATMENTS

MASSAGE THERAPIES
FACIAL TREATMENTS

ALTERNATIVE THERAPIES, DIAGNOSTICS AND CONSULTATIONS

PHYSIOTHERAPY
NUTRITION
MICROBIOME TESTING
COUNSELLING
LIFE COACHING



FITNESS

GYM

Outfitted with over 20 types of strength and functional training equipment, including weightlifting equipment by Eleiko and a mini fitness circuit, our 1,500 square foot boutique gym offers:

PERSONAL TRAINING

Experience one-on-one sessions with a certified fitness coach to help you meet your goals.

FUNCTIONAL FITNESS CLASSES

Discover a daily rotation of classes including High Intensity Interval Training.

RED LIGHT THERAPY

Enhance performance and promote muscle recovery with this pre- and post-workout therapy that utilises wavelengths within the red and near infrared spectrum.

SOLO GYM MEMBERSHIP	PRICE
UNLIMITED ACCESS TO GYM, FUNCTIONAL FITNESS CLASSES AND RED LIGHT THERAPY	\$295/month

Existing clients can enjoy full access to the gym at \$73.75 per week.



All prices are inclusive of prevailing government taxes.

FITNESS

PERSONAL TRAINING

SINGLE SESSION	PRICE
60 MINUTES	\$180 to \$240
PACKAGES (60 MINUTES PER SESSION)	PRICE
TRIAL PASS - 2 SESSIONS (ONE-TIME PURCHASE WITH TWO-WEEK VALIDITY)	\$295
12 SESSIONS*	\$1,945
24 SESSIONS*	\$3,800
48 SESSIONS**	\$7,085

First-time personal training clients will receive a complimentary body scan assessment and training plan with the purchase of any package. Clients with personal training plans have full access to gym for the duration of their plans.

*Package is valid for 3 months

**Package is valid for 6 months



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HEALTH-TECH THERAPIES

A new suite of restorative treatments that optimise the use of cutting-edge technology to deliver science-backed health and wellness benefits.

OXYGEN THERAPY

A first in Singapore, the Hyperbaric Airpod™ wellness device delivers a unique blend of oxygen and molecular hydrogen to support the body's natural healing processes, improve sleep and mental acuity, and increase energy and stamina.

HEAT THERAPY

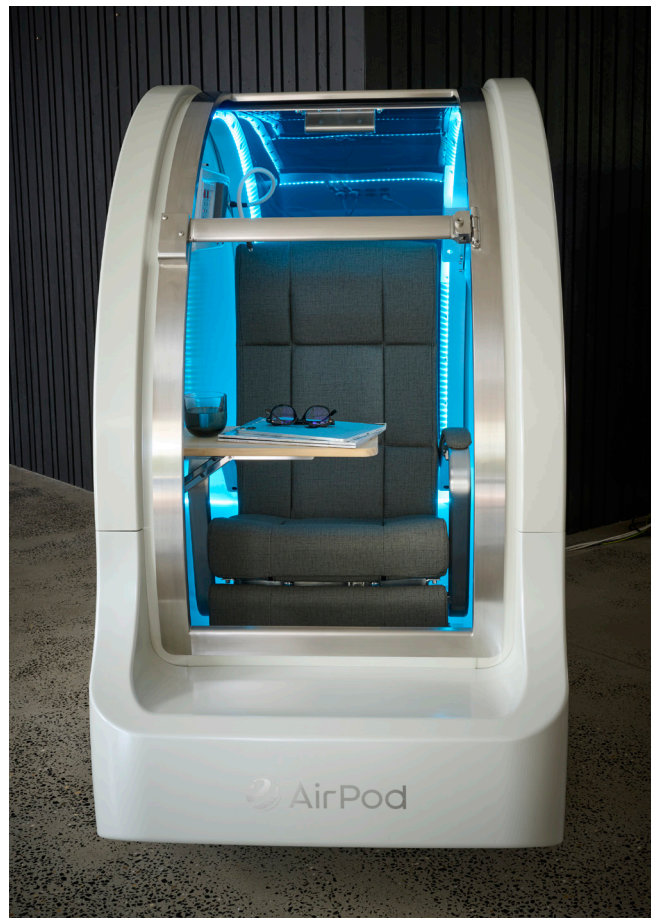
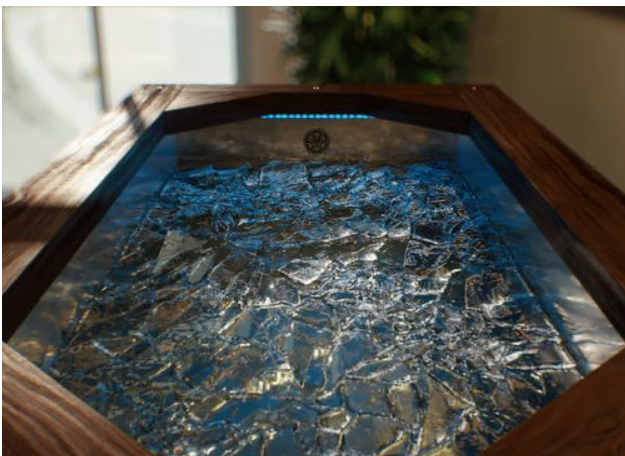
A rejuvenating and relaxing treatment in a specially designed sauna that leverages infrared lights to stimulate body warmth. Coupled with chroma and sound therapy, the infra red spectrums promotes cell rejuvenation and fat reduction, while reducing inflammation and increasing collagen production.

COLD THERAPY

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

CONTRAST THERAPY

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



CONTRAST THERAPY (NEW)

ICE BATH AND INFRARED SAUNA

Using a combination of hot and cold therapies, this treatment stimulates blood vessels to dilate and contract in quick succession. The resulting pulsing action in blood vessels increases nutrient-rich blood and oxygen flow to organs.

BENEFITS

- Enhances the body's healing abilities
- Promotes post-workout recovery
- Elevates mood
- Boosts focus and energy levels

SINGLE SESSION	PRICE
60 MINUTES	\$120
PACKAGES (60 MINUTES PER SESSION)	PRICE
12 SESSIONS	\$1,370
24 SESSIONS	\$2,590



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HEAT THERAPY (NEW)

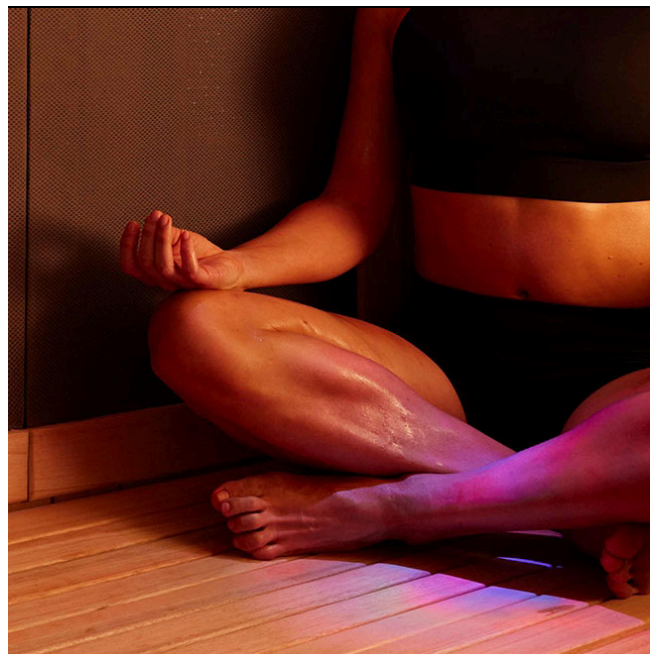
INFRARED SAUNA

A world's first, this treatment supports wellness and addresses specific health issues using customised infrared wavelengths in a sauna. Safe and gentle, it stimulates warmth in the body for a rejuvenating experience.

BENEFITS

- Alleviates pain
- Boosts muscle recovery
- Enhances heart, immune and skin health
- Promotes relaxation and sleep
- Supports detoxification and weight loss

SINGLE SESSION	PRICE
30 MINUTES	\$70
PACKAGES (30 MINUTES PER SESSION)	PRICE
12 SESSIONS	\$795
24 SESSIONS	\$1,510



All prices are inclusive of prevailing government taxes.

COLD THERAPY (NEW)

ICE BATH

Immersing in ice water directs most of the blood into the organs to collect oxygen and nutrients. Upon emerging from the ice water, blood vessels expand, and pump oxygen and nutrient-rich blood to the tissues, boosting blood circulation.

BENEFITS

- Builds immunity
- Increases alertness and focus
- Enhances post-workout recovery
- Supports weight management
- Enhances mood
- Promotes relaxation for better sleep

SINGLE SESSION	PRICE
15 MINUTES	\$60
PACKAGES (15 MINUTES PER SESSION)	PRICE
12 SESSIONS	\$685
24 SESSIONS	\$1,295



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OXYGEN THERAPY (NEW)

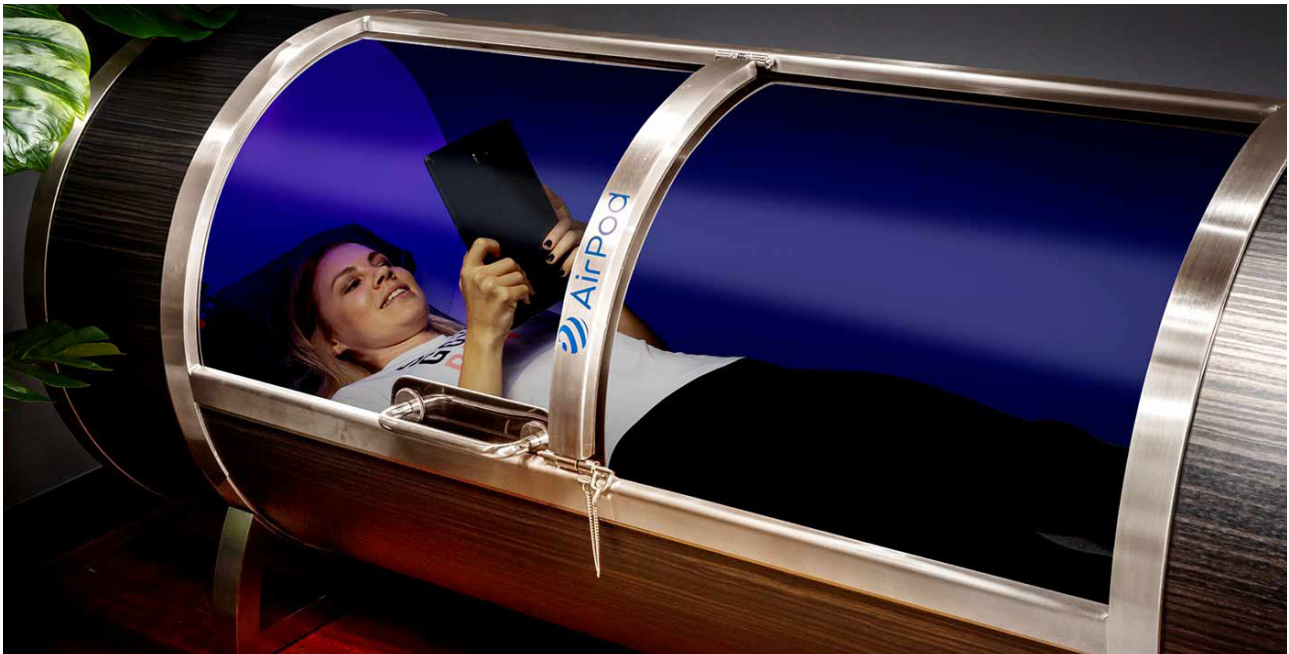
HYPERBARIC AIRPOD™

This treatment introduces the body to higher concentrations of oxygen and molecular hydrogen through the Airpod™ Hydroxy Mild Hyperbaric Capsule. Under pressure, oxygen and molecular hydrogen are dissolved into the blood plasma. This promotes preventative health benefits by increasing antioxidants to neutralise free radicals.

BENEFITS

- Improves alertness and mental acuity
- Promotes relaxation
- Supports recovery from jetlag and fatigue

SINGLE SESSION	PRICE
60 MINUTES	\$180
90 MINUTES	\$270
PACKAGES (60 MINUTES PER SESSION)	PRICE
12 SESSIONS	\$2,050
24 SESSIONS	\$3,885



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MOVEMENT

At the core of the yoga and Pilates discipline, is a mind-body connection grounded in functional movement and breathwork.

Both offer a wide range of health benefits, from increased flexibility, strength, balance, concentration and breath capacity, to reduced stress and anxiety.

Ease into a deeper practice with intimate Private Classes or opt for Group Classes with a low student-instructor ratio.

YOGA

Hatha, Iyengar, Prenatal, Postnatal, Restorative, Yin Yang and more

PILATES EQUIPMENT

Chair Reformer, Jumpboard Reformer, Reformer, Suspend

PILATES MAT

BOSU, Core Barre, Sculpt & Tone, Mat with Props, Movement with Props

GYROTONIC®



PILATES

SINGLE SESSION (60 MINUTES PER SESSION UNLESS OTHERWISE STATED)	PRICE
PILATES EQUIPMENT CLASS CHAIR REFORMER, JUMPBOARD REFORMER, REFORMER, SUSPEND	\$65
PILATES MAT CLASS BOSU, CORE BARRE, SCULPT & TONE, MAT WITH PROPS, MOVEMENT WITH PROPS	\$45
PILATES (PRIVATE)	\$180 TO \$240
PILATES (DUO)	\$130 TO \$160
PRIVATE PILATES ASSESSMENT (45 MINUTES)	\$150
PACKAGES (60 MINUTES PER SESSION)	PRICE
PILATES REFORMER CLASS 12 SESSIONS	\$700
PRIVATE CLASS 12 SESSIONS	\$1,915
PRIVATE CLASS 24 SESSIONS	\$4,050



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YOGA

SINGLE SESSION (60 MINUTES PER SESSION)	PRICE
GROUP CLASS	\$45
ANTENATAL GROUP CLASS	\$45
PRIVATE CLASS	\$180 to \$240
PACKAGES (60 MINUTES PER SESSION)	PRICE
ANTENATAL MAT CLASS 6 SESSIONS	\$215
PRIVATE CLASS 12 SESSIONS	\$1,945
PRIVATE CLASS 24 SESSIONS WITH SENIOR INSTRUCTOR	\$3,800

MAT YOGA AND PILATES

SINGLE SESSION (60 MINUTES PER SESSION)	PRICE
2-WEEK UNLIMITED MAT CLASSES	\$190
GROUP YOGA AND PILATES MAT CLASS 12 SESSIONS	\$490
GROUP YOGA AND PILATES MAT CLASS 60 SESSIONS	\$2,295

GYROTONIC®

SINGLE SESSION (60 MINUTES PER SESSION)	PRICE
PRIVATE CLASS	\$240

Packages available upon request.

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WELLNESS THERAPIES AND TREATMENTS

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

MASSAGE THERAPIES

- COMO Shambhala Massage
- Deep Tissue Massage
- Thai Massage
- Prenatal Massage
- Sports Massage

FACIAL TREATMENTS

- COMO Shambhala Microbiome Facial
- Anti-ageing and Firming Facial
- Deep Cleansing and Brightening Facial
- Calming and Soothing Facial
- Gua Sha Facial



MASSAGE THERAPIES

SINGLE SESSION	PRICE	
	60 MIN	90 MIN
COMO SHAMBHALA MASSAGE	\$220	\$330
DEEP TISSUE MASSAGE	\$220	\$300
THAI MASSAGE	\$220	\$280
PRE-NATAL MASSAGE	\$210	
SPORTS MASSAGE	\$260	
PACKAGES (60 MINUTES PER SESSION)	PRICE	
12 SESSIONS (CHOICE OF COMO SHAMBHALA MASSAGE, DEEP TISSUE MASSAGE OR THAI MASSAGE)	\$2,375	



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FACIAL TREATMENTS

SINGLE SESSION	PRICE		
	60 MIN	75 MIN	90 MIN
COMO SHAMBHALA MICROBIOME FACIAL	\$120		
ANTI-AGEING AND FIRMING FACIAL			\$310
DEEP CLEANSING AND BRIGHTENING FACIAL	\$190		
CALMING AND SOOTHING FACIAL		\$210	
GUA SHA FACIAL	\$135		
PACKAGES (6 x 60-MINUTE SESSIONS UNLESS OTHERWISE STATED)		PRICE	
COMO SHAMBHALA MICROBIOME FACIAL		\$595	
ANTI-AGEING AND FIRMING FACIAL		\$1,620	
DEEP CLEANSING AND BRIGHTENING FACIAL		\$1,025	
CALMING & SOOTHING FACIAL (75-MIN)		\$1,135	
GUASHA FACIAL		\$745	
PACKAGES (12 X 60-MINUTE SESSIONS)		PRICE	
COMO SHAMBHALA MICROBIOME FACIAL		\$1,455	
ANTI-AGEING AND FIRMING FACIAL		\$3,275	

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ALTERNATIVE THERAPIES, DIAGNOSTICS AND CONSULTATIONS

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

- Physiotherapy
- Microbiome Testing
- Nutrition
- Counselling
- Life Coaching

SINGLE SESSION	PRICE		
	30 MIN	45 MIN	60 MIN
PHYSIOTHERAPY	\$175	\$230	\$275
MICROBIOME TESTING – BIO & MI	Please approach our Concierge Team for more information.		
NUTRITION CONSULTATION			
COUNSELLING			
LIFE COACHING			



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