



COMO  
SHAMBHALA

WELLNESS BEGINS  
WITHIN

INSPIRING COMMITMENT  
TO LIFELONG WELLNESS

**Admission**

All COMO Uma Paro guests aged 16 and older have complimentary use of COMO Shambhala's wellness facilities including the fitness centre, steam room and locker room. For treatment requests for guests under the age of 16 years, please see our COMO Shambhala Wellness reception team for details and reservations.

**Reservations**

Reservations can be made at the COMO Shambhala Wellness reception or by dialling guest services on your in-room telephone. If calling from outside COMO Uma Paro, you can dial +975 8271 597. 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: 9.00am – 9.00pm

Swimming Pool: 7.00am – 8.00pm

Fitness Centre: 7.00am – 9.00pm

Should you wish to schedule a treatment outside of our usual hours, please contact the COMO Shambhala Wellness reception team in advance for arrangement. An additional charge of US\$35 applies to appointments made outside of our usual hours. Should you wish to use the Fitness Centre beyond operating hours please contact the Front Desk.

**Arrival**

We recommend that you arrive at least 15 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 Uma Paro 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 prevailing 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.

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### **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.

75 minutes US\$130

90 minutes US\$150

### **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.

75 minutes US\$135

90 minutes US\$155

### **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.

75 minutes US\$130

### **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 US\$120

75 minutes US\$130

### **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.

75 minutes US\$130

90 minutes US\$150

### **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 US\$110

### **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 US\$110

### **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 US\$200

### **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 US\$220

## 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.

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### **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 US\$195

### **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 US\$100

90 minutes (with 30 minutes massage) US\$150

120 minutes (with 60 minutes massage) US\$195

### **Bhutanese Traditional Hot Stone Bath and Massage**

Our popular Bhutanese Traditional Hot Stone Bath and Massage treatment uses heated river stones to help relieve deep-set aches and pains. When placed in water, the hot stones crack and steam, releasing key minerals that help to aid stress and soothe the body. The treatment concludes with our signature COMO Shambhala Massage, where long massage strokes help relieve any lingering aches.

90 minutes US\$250

90 minutes (couple) US\$350

## 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.

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### **GUINOT FACIAL**

Developed by Jean-Daniel Mondin, a doctor of pharmaceuticals, Guinot is known for producing market-leading results in skincare and facial therapies. Transmitting energy to the skin, the treatments provide effective absorption of the skincare products for quick and noticeable results. Our Guinot-trained therapists can also prescribe skincare regimes tailored to your skin type.

#### **Guinot Aromatic Facial**

The Guinot Aromatic Facial uses the natural healing powers of plant extracts to cleanse and nourish the skin. A gentle nourishing mask and facial massage will leave your skin glowing and revitalized, especially for those with dry and sensitive skin, or after excessive sun exposure.

60 minutes US\$100

#### **Guinot Liftosome**

The Guinot Liftosome treatment visibly transforms the skin within to firm and lift. With the aid of a thermal self-heating mask, Pro-Collagen active ingredients penetrate through the skin, resulting in a renewed radiance.

60 minutes US\$100

## 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.

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.

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### **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 US\$130

90 minutes US\$180

### **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 US\$150

90 minutes US\$210

### **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 US\$130

### **Ayurvedic Scalp and Face Massage**

The traditional Ayurvedic Scalp and Face Massage gives skin a deep cleanse while also revitalising dry, brittle hair. This refreshing treatment includes a medicated oil massage, herbal compress and cooling face mask.

60 minutes US\$100



## MIND & BODY DISCIPLINE

COMO Shambhala offers a variety of yoga classes, including pranayama and meditation. In-house guests are welcome to join any of these classes. Our accredited teachers are also available upon request for private sessions. Please refer to the COMO Shambhala Schedule of Activities or approach our wellness reception team.

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### **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 US\$100

60 minutes (couple) US\$120

Additional (third onwards)

US\$35 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) US\$150

### **Meditation**

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

60 minutes US\$100

60 minutes (couple) US\$120

Additional (third onwards)

US\$35 per person

### **Pranayama**

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

60 minutes US\$100

60 minutes (couple) US\$120

Additional (third onwards)

US\$35 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 environment of the Retreat, for a dual practice that has the power to both invigorate the body and relax the mind.

60 minutes US\$100

60 minutes (couple) US\$120

Additional (third onwards)

US\$35 per person

## 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.

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### 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.

75 minutes US\$130

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#### 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.

75 minutes US\$135

90 minutes US\$155

#### 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.

75 minutes US\$130

90 minutes US\$150

#### 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 US\$100

#### 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 US\$100

## **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 an hour-long COMO Shambhala Massage to further stimulate the body's natural detoxifying functions.

60 minutes US\$100

90 minutes (with 30 minutes massage) US\$150

120 minutes (with 60 minutes massage) US\$195

## **FACIAL CARE**

### **Guinot Aromatic Facial**

The Guinot Aromatic Facial uses the natural healing powers of plant extracts to cleanse and nourish the skin. A gentle nourishing mask and facial massage will leave your skin glowing and revitalized, especially for those with dry and sensitive skin, or after excessive sun exposure.

60 minutes US\$100

### **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 US\$130

120 minute US\$155

## KIDS MENU

Positive wellbeing is important at any age. At COMO Shambhala, our goal is to support children and teenagers to live well, think positively and lead active, enriching lives.

All of our treatments and activities, from massage to yoga, have been curated to specifically benefit the younger body and mind. We aim to reduce stress hormone levels, promote rejuvenating sleep, encourage proper posture and create an environment where younger people can find fulfilment away from technology – helping them discover their joyfulness within.

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### **COMO Shambhala Massage For Children**

This nurturing massage, using our signature blended massage oil, is aimed at calming excited minds and rejuvenating tired bodies – perfect for children in need of a boost.

30 minutes Foot or Back Massage US\$45

45 minutes Full-body Massage US\$68

60 minutes Full-body Massage US\$90

### **Cleansing Facial**

Specially designed for delicate skin, this treatment provides a light cleanse for young complexions.

30 minutes US\$45

### **Wellness Path For Young Ones**

Young ones can get a taste of COMO Shambhala relaxation with this nurturing wellness path, aimed at relaxing the mind and body. They can choose between a 30-minute back massage, foot massage or facial, before enjoying a mini manicure and pedicure. They can also opt to have their nails painted in their favourite colour.

60 minutes US\$75

75 minutes US\$85

# COMO SHAMBHALA PRIVATE SESSIONS FOR CHILDREN

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## Children's Yoga

30 minutes US\$45

60 minutes US\$90

## Family Yoga

60 minutes (two adults + two children with age from five years old) US\$150

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Please note, treatments lasting 30 minutes are for children under the age of 10; treatments lasting 45 minutes and above are for children aged 10 and over.

### Terms and conditions

- To ensure that children do not have adverse reactions to any products used in the treatment, patch tests of products must be conducted three to four hours ahead of the treatment.
- Guests must be aged between five and 15 years old.
- Treatments will be performed in a designated part of COMO Shambhala Retreat.
- Undergarments or disposable underwear must be worn by the minor guest during all treatments.
- A Minor Guest Client Form must be signed by a parent or guardian prior to the treatment.
- A parent or guardian must be present at all times in the treatment room. If the parent or guardian leaves the room then the treatment will stop. However, the full treatment cost will still be charged.

## EXPRESS MENU

At COMO Shambhala, we understand that time is precious especially as we try to balance our commitments to work, family and friends. That is why we created this menu, featuring treatments that can be completed in 30 minutes or less for guests who are pressed for time. Each has been carefully honed to provide the best results in the shortest time possible.

Should you have a little more time, we recommend you turn back to our full-length menu where you can try each treatment as it was originally designed. Otherwise, read on and discover how powerful 30 minutes can be for your wellbeing.

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### MASSAGES

Each of our 30-minute massages help to relieve immediate tension and calm your busy mind with the use of our nurturing COMO Shambhala signature blended massage oils.

#### Back, Shoulder and Neck Massage

30 minutes US\$62

#### Hand, Arm and Shoulder Massage

30 minutes US\$62

#### Head, Neck and Shoulder Massage

30 minutes US\$62

#### Back Massage

30 minutes US\$62

#### Reflexology

30 minutes US\$62

### COMO Shambhala Body Scrub

This 30-minute body polish will leave skin feeling firmer, softer and revitalised. The treatment uses our salt and sugar scrub to exfoliate dull skin cells, followed by a refreshing shower and the application of our signature COMO Shambhala Invigorate moisturising lotion.

30 minutes US\$60

### FACIALS

Our rejuvenating 30-minute facials are designed to give maximum results in minimum time, well-suited for those looking for a quick refresher. Our facials are suitable for all skin types, leaving you with a healthier, more radiant complexion.

#### Guinot Express Facial

30 minutes US\$55

## WELLNESS SPECIALISTS

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### **CHAINGA DORJI**

#### **Yoga Teacher**

Chainga Dorji is a yoga expert who specialises in yoga therapy, meditation and Pranayama. He also promotes harmony in all aspects of life, encouraging clients to trust, love nature, prosper, appreciate relationships and be happy.

Chainga can assist with stress management, diabetic disorders, epilepsy, asthma, hypertension, arthritis, back and joint pain, and headaches. His empowering attitude inspires others and promotes positivity, resulting in a healthier approach to wellness. Clients' needs are always fulfilled during sessions, and they leave relaxed and satisfied.

60 minutes US\$100

60 minutes (couple) US\$120

Additional (third onwards)

US\$35 per person

## 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.

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### **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 group exercise class or wellness activity (timing per schedule 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 US\$158, Couple US\$284

### **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 (timing per schedule 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 US\$174, Couple US\$313



### **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 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, 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 US\$250, Couple US\$450

### **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 US\$158, Couple US\$284



COMO  
SHAMBHALA  
UMA PARO