



COMO  
SHAMBHALA

WELLNESS BEGINS  
WITHIN

INSPIRING COMMITMENT  
TO LIFELONG WELLNESS

**Admission**

For your first treatment, you will be asked to complete a brief, confidential client form. This is to check for contraindications to any treatments. For treatment requests for guests under the age of 16 years, please see contact our COMO Shambhala Wellness reception team for details and reservations.

**Reservations**

All treatments are in taken in Podere San Filippo Apartments or Villa San Luigi.

Reservations can be made at the COMO Shambhala Retreat Wellness reception, writing by email to [comoshambhala.cdn@comohotels.com](mailto:comoshambhala.cdn@comohotels.com) or if calling from outside COMO Castello Del Nero, you can dial +39 055 80647785. We always try our best to accommodate requests for individual therapists and specialists based upon their availability.

Hours of Service COMO Shambhala: 10.00am to 8.00pm (last treatment at 7:00pm)

**Hours of Service**

COMO Shambhala: 10.00am - 8.00pm

Should you wish to schedule a treatment outside of our usual hours, please contact the COMO Shambhala Wellness reception team at least 24 hours in advance for arrangement. An additional charge of €50 applies to appointments made outside of our usual hours.

**Cancellation Policy**

Should you wish to cancel an appointment, please let us know at least 12 hours beforehand or a full cancellation fee will be charged. No-shows will be also charged at the full treatment price.

**Charges**

All services are inclusive of 22 per cent VAT.

**Gift Vouchers**

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 voucher.

## MASSAGE TREATMENT

COMO Shambhala offers carefully curated massage treatments. Our experts are trained in a variety of massage techniques ranging from the relaxing to the invigorating.

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### **COMO Shambhala Massage**

The nurturing COMO Shambhala signature massage 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 €260

75 minutes €295

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

60 minutes €270

75 minutes €310

### **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 €260

### **Foot 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 €260

## **BODY TREATMENTS**

### **COMO Shambhala Signature Ritual**

This treatment begins with a welcome foot ritual, followed by a full-body exfoliation using an anti-oxidising combination of sea salt and the Estate's own olive oil. This soothes and softens skin. Tuscan lavender-infused olive oil is then used in a massage aimed at inducing deep relaxation and calm through long and soothing stretching movements.

110 minutes €385

### **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 lymphatic system to restore a healthy glow. A polish using our salt and sugar scrub is followed by a refreshing shower. The application of our signature moisturising lotion completes the experience.

Add on a 60-minute COMO Shambhala Massage to this invigorating treatment to further enhance the body's natural cleansing functions.

45 minutes €260

105 minutes €350 (including 60 minutes COMO Shambhala Massage)

## MIND AND BODY DISCIPLINE

Our accredited teachers are available upon request for personal training and private sessions. Please refer to our COMO Shambhala Wellness Centre team for information or to make your reservation

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### **Yoga**

Incorporating strengthening exercises with breathing and meditation techniques, yoga has been practised for over 5,000 years. A workout for both body and mind, its benefits are myriad, from increased flexibility and muscle tone, to lowered stress levels and blood pressure. Private classes are available on request from beginners to seasoned practitioners. Whether to develop a practice that can be incorporated into a daily lifestyle, or to deepen your existing yoga commitment, our yoga expert can help design a programme tailored for your specific needs.

60 minutes €160 couple €190

Additional (third onwards) €30 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 and two children with age from five years old) €250

### **Pilates Mat**

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.

45 minutes €120 single €190 couple

Additional (third onwards) €30 per person

### **Breathwork (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 €160 single €190 couple

Additional (third onwards) €30 per person



COMO  
SHAMBHALA  
CASTELLO  
DEL NERO