COMO SHAMBHALA

WELLNESS RITUALS

Our new Wellness Rituals combine insights from experts, nutritious meals, relaxing treatments and access to our state-of-the-art facilities. Each Ritual takes place across a day or half day in the nurturing surrounds of COMO Shambhala Urban Escape. Simply choose one that suits you best.

Mum-to-Be

Ideal for women in their second or third trimester, or new mothers who are breastfeeding, this Ritual includes your choice of an hour-long pre-natal or COMO Shambhala Signature massage, and a quick facial or pedicure. You will also receive COMO Shambhala's wellness product of the month to take home.

90 minutes – £165

120 minutes – £220

Monday to Sunday, 9.30am to 7.30pm

COMO Shambhala For You

Tailor a Ritual as a gift for a friend or yourself, choosing from a selection of massage, facial, nail and body treatments. The experiences you choose will be combined into a personalised sequence of up to two hours that comes with a COMO Shambhala Gift Box to keep.

75 minutes – £150

90 minutes – £170

120 minutes - £220

Monday to Sunday, 9.30am to 7.30pm

All About Us

This Ritual allows you and your partner to savour time spent together in our elegant double treatment rooms, enjoying any combination of massage, facial or body treatments.

120 minutes – £435

180 minutes – £650

Monday to Sunday; for two people

COMO Shambhala Inside Out

Enjoy a 60 minute COMO Shambhala Massage, followed by £30 credit to dine on COMO Shambhala Cuisine served in the lobby lounge – along with the COMO Shambhala product of the month to take home.

60 minutes - £145

Monday to Sunday, 9.30am to 7.30pm

For more on COMO Shambhala's vision and our other wellness centres worldwide, please visit comoshambhala.com

Body Works

Invigorate your entire body with this Ritual. The experience starts with a 30-minute cleansing skin treatment on the back before either a 60-minute Sports or Deep Tissue Massage to release muscular tension. This Ritual can be extended by half an hour with a foot or head massage.

90 minutes – £165

120 minutes – £220

Monday to Sunday, 9.30am to 7.30pm

Gentleman's Glow

Look your best with a quick tidy of your face and nails. This Ritual includes a 60-minute facial for a refreshed complexion before a 30-minute express manicure or pedicure. You may also extend this experience by an extra half an hour with a relaxing head, neck and shoulder massage.

90 minutes – £150

120 minutes – £210

Monday to Sunday, 9.30am to 7.30pm