



COMO  
SHAMBHALA

WELLNESS BEGINS  
WITHIN

INSPIRING COMMITMENT  
TO LIFELONG WELLNESS

## **Admission**

Alpina Dolomites guests aged 18 and older have complimentary use of the COMO Shambhala Wellness facilities; please ask the Wellness Reception about treatments for guests under the age of 16 years.

## **Facilities**

Our COMO Shambhala Retreat includes:

- One Hay Bath room
- Nine treatment rooms
- Aveda Coiffure salon
- Heated indoor and outdoor pools with a family sauna and showers
- Fitness centre with state-of-the-art Technogym equipment
- Yoga studio
- Space Curl 3D machine (designed by NASA)
- Wellness Area: salt steam room, aroma steam room, Finnish sauna, herbal sauna, ice fountain, invigorating showers, Kneipp foot baths
- Relaxation area with panoramic views

## **Reservations**

Reservations can be made at the COMO Shambhala Retreat Wellness reception or by dialing COMO Shambhala at extension 700 on your in-room telephone. If calling from outside COMO Shambhala at Alpina Dolomites, you can dial +39 0471 796004 or email us on [comoshambhala.cad@comohotels.com](mailto:comoshambhala.cad@comohotels.com). 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 Retreat: 9.00am – 12.00pm and 2.00pm – 8.00pm

Wellness Area: 2.00pm – 8.00pm. The Wellness Area is available for guest use anytime, but should you wish to use it beyond the COMO Shambhala hours, please contact the front office.

Fitness Centre: 7.00am – 8.00pm. The Fitness Centre is available for guest use anytime, but should you wish to use it beyond the COMO Shambhala hours, please contact the front office.

Indoor and outdoor heated Pool: 7.00am – 8.00pm

An additional charge of €100 applies to appointments made outside of the stated COMO Shambhala hours. Please arrange at least 48 hours in advance for off-hour treatments by contacting the COMO Shambhala reception.

**Arrival**

We recommend that you arrive at least 30 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 six hours beforehand or a full cancellation fee will be charged. No-shows will be also charged at the full treatment price.

**Valuables**

We advise you not to bring any valuables during your visit. COMO Shambhala at Alpina Dolomites accepts no responsibility for the loss of money or valuables of any kind.

**Charges**

All services are inclusive of 22 per cent VAT.

**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.

60 minutes €140

75 minutes €160

## **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.

60 minutes €150

75 minutes €170

### **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.

30 minutes €70

60 minutes €140

### **Foot Massage**

In this treatment, COMO Shambhala therapists use foot massage to induce deep relaxation. Acupressure stimulates the body's natural relaxing processes; this treatment is ideal after a day full of traveling or walking.

30 minutes €70

60 minutes €140

### **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 €160

90 minutes €200

### **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 deepheld muscular knots. The treatment also involves dynamic stretches.

90 minutes €200

### **Drainage Massage**

Drainage massage 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 €140

### **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 maneuver your body into yoga-like stretching positions, applying pressure along the meridians and mobilizing joints. No oil is used during this treatment. Comfortable clothing is recommended.

75 minutes €160

90 minutes €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 €160

## 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 SIGNATURE RITUAL**

#### **Regenerating mountain hay bath**

This is a very old South Tyrolean tradition that originates from the farmers' habit of resting their weary muscles and joints after a long day's work on the freshly mown grass in the mountains. Mountain hay is known for its beneficial properties such as improving circulation, soothing and warming the body.

After a full body COMO Shambhala massage you will immerse yourself in a bathtub filled with mountain hay. This stimulates warmth within the joints. The hay bath is accompanied by a 30-minute facial using local products. In addition, the herbal plants in the hay release pleasant balsamic scents with a calming and soothing effect.

100 minutes €210



### **Alpina Dolomites Skin Detoxifying Treatment**

This treatment starts with a purifying scrub made of hay followed by a mud wrap that leaves the skin smooth and invigorated. These properties are enhanced while you sink into a heated water bed. Gentle massage jets ease your tension and promote the absorption of active ingredients. This is followed by a shower and the application of our exclusive COMO Shambhala New Skin Oil.

60 minutes €140

120 minutes €200

(with 60 minutes Drainage Massage)

### **COMO Shambhala Alpina Scrub**

A revitalising body polish with honey and mugo pine tree needles, leaving your skin smooth and reinvigorated.

30 minutes €70

60 minutes (with 30 minutes Back, Neck and Shoulder Massage) €140

90 minutes (with 60 minutes COMO Shambhala Massage) €180

**All our WRAPS take place on our heated water bed with gentle hydrotherapy jets.**

### **Goat Milk Wrap**

Goat milk is deeply moisturising and nourishing – a star ingredient for dry and sensitive skin.

30 minutes €70

60 minutes (with 30 minutes Back, Neck and Shoulder Massage) €140

90 minutes (with 60 minutes COMO Shambhala Massage) €180

### **Gentian Wrap**

The gentian flower has invigorating, anti-aging qualities. This treatment also begins with a dry brush before the wrap to stimulate lymph movement

30 minutes €70

60 minutes (with 30 minutes Back, Neck and Shoulder Massage) €140

90 minutes (with 60 minutes COMO Shambhala Massage) €180

### **Honey Wrap**

This treatment uses locally produced honey with deeply hydrating and anti-inflammatory properties to nourish your skin.

30 minutes €70

60 minutes (with 30 minutes Back, Neck and Shoulder Massage) €140

90 minutes (with 60 minutes COMO Shambhala Massage) €180

## 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 marketleading results in skincare and facial treatments. 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 Hydradermie Cellular Energy  
(The Advanced Complexion Rejuvenating  
Treatment)**

This revolutionary treatment provides an effective alternative to aesthetic surgery. Using dynamic ionisation and thermal energy, this patented technology supports the skin's cellular function. With each treatment, a variety of prescriptive gels are customised to suit each individual skin type. This treatment has shown to produce clinically proven results of an enhanced complexion after just one session.

75 minutes €190

**Guinot Hydradermie Age Logic  
(The Anti-Ageing Star Treatment)**

This specially designed anti-ageing Hydradermie facial focuses on the eyes, face and neck to target signs of ageing. This treatment is clinically proven to decrease wrinkle depth by up to 49.5 per cent.

90 minutes €230

**Guinot Age Summum  
(The Ultimate Anti-Ageing Treatment)**

Guinot Age Summum is the pinnacle of anti-ageing treatments, using pure vitamin C, hyaluronic acid and Pro-Collagen to target the signs of ageing. Active ingredients penetrate the skin with the aid of an Age Summum anti-ageing facial massage. Fine lines and wrinkles are smoothed and the skin's youthful radiance is restored.

60 minutes €160

**Guinot Lift Summum  
(The Firming, Lifting Treatment)**

This exclusive firming treatment immediately helps reduce signs of fatigue and ageing, focusing on the face, neck and décolletage. The unique stimulating massage visibly lifts and firms while the active ingredient, collagen, helps to improve elasticity in the skin. The treatment also diminishes the appearance of fine lines, while the face and décolleté masks restore a youthful appearance.

60 minutes €160

**Guinot Detoxygene Facial  
(The Anti-Pollution Treatment)**

A rejuvenating treatment ideal for city-stressed or suffocated skin. Pro-Oxygen stimulates cellular respiration while the following natural green clay mask absorbs toxins on the skin's surface. This anti-pollution treatment is designed for dull or lifeless skin and incorporates a Serenity Massage to promote lymphatic drainage, leaving skin oxygenated, fresh and clear.

60 minutes €150

# BEAUTY CARE

Our beauty care treatments are designed to refresh you, leaving you with a renewed sense of confidence.

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## **WAXING**

We offer a range of hair-removal treatments administered by our expert staff, each one designed to leave skin feeling soft and smooth.

For price information, please contact our wellness reception.

## **THE BEAUTY CLASSICS**

We offer a range of eyelash and eyebrow colouring treatments administered by our expert staff.

Please contact our Wellness Reception for prices.

## **NAIL CARE**

Nourishing treatments for hands and feet that use soothing massage and gentle scrubs to tidy cuticles and nails.

### **Classic Manicure**

A lasting manicure in the colour of your choice.

45 minutes €80  
and nourishing goat milk wrap €90

### **Classic Pedicure**

A lasting pedicure in the colour of your choice.

60 minutes €95  
+ nourishing goat milk wrap €110

## **AVEDA COIFFURE**

Aveda's mission is to care for the world we live in, from the products they make to the ways in which the brand gives back to society. Aveda strives to set an example for environmental leadership and responsibility, not just in the world of beauty, but around the world.

### **Women**

Cut €50

Blow-out (includes shampoo; varies by length of hair) from €30

Tone-on-tone colouring €55

Hair colour from €70

Highlights from €80

### **Men**

Cut €40

### **Children**

Cut from €20

### **Moisturising Treatment**

Nourishes and moisturises dry, brittle hair, leaving it soft and supple.

20 minutes €60

### **Restructuring Treatment**

Repairs and strengthens damaged hair, leaving it smooth and healthy looking.

20 minutes €60

### **Botanical Hair and Scalp Renewal Treatment**

An intensive treatment that relaxes the scalp. Hair is strengthened, nourished and regenerated.

30 minutes €70

## MIND AND BODY DISCIPLINE

COMO Shambhala offers a variety of classes and activities, including yoga and Physical Activities sessions. In-house guests are welcome to join any of these classes. Our accredited teachers are also available upon request for personal training and private sessions. Please approach our COMO Shambhala Wellness reception team to make your reservation.

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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 €90

60 minutes (couple) €160



### **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) €220

### **Core Connection**

This core session focuses on strengthening, toning and stretching your midsection, as well as helping you understand the key active muscles that make up the core.

45 minutes €70

### **Fitness and Personal Trainer**

Personal training and private fitness sessions are available on request for anyone from beginner to expert level. Our resident fitness instructor works closely with each client to determine specific needs and design a program best suited to their goals.

60 minutes €90

60 minutes (couple) €160

Additional (third onwards) €30 per person

### **Meditation**

Discover the healing and relaxing power of an ancient therapeutic tradition with a one-on-one session.

30 minutes €50

30 minutes (couple) €90

Additional (third onwards) €30 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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### **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.

60 minutes €140

75 minutes €160

### **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.

60 minutes €150

75 minutes €170

### **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 €140

### **The Complete Man**

This treatment relieves tension and invigorates the senses. The 90 minutes starts with a back, neck and shoulder massage before a 30-minute rehydrating facial to deep-cleanse the skin. The treatment finishes with a quick tidying of the nails. The extended 120-minute version of this treatment includes a full-body deep-tissue massage.

90 minutes €180

120 minutes €280

### **Body Recovery Treatment**

Soothe tired muscles after a day of skiing, hiking or biking with our arnica wrap. Arnica relieves muscle pain and tension. Then, finish off with your choice of a 30-minute back, neck and shoulder massage or a 60-minute deep tissue full body massage.

60 minutes €140

90 minutes €190

### **GUINOT TREATMENT FOR MEN**

This Guinot Hydradermie facial has been adapted for our male clients. It is available exclusively at **COMO Shambhala** at **Alpina Dolomites**.

### **Trés Homme Hydradermie Cellular Energy Treatment**

This is a good introductory men's facial, featuring Guinot's signature hydration process to help your skin feel more hydrated and regain its radiance. At the beginning, prescriptive gels are chosen to suit your specific skin needs. Aided by mild ionised currents, the gels will penetrate through your skin and assist with restoring its natural radiance. Active ingredients will work to rehydrate the skin, improving its natural suppleness.

60 minutes €170

## 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 €70

45 minutes Full-body Massage €120

60 minutes Full-body Massage €140

### **Cleansing Facial**

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

30 minutes €70

### **Children's Manicure**

This manicure is a soothing treatment for busy hands, beginning with a warm hand soak in aromatic water, followed by a gentle exfoliation. Next, a calming massage will leave hands feeling soft and smooth. For the finishing touch, children can choose their favorite polish color to add to their manicured fingernails.

30 minutes €60

### **Children's Pedicure**

This relaxing pedicure comprises a warm foot soak, a gentle exfoliation and a massage using COMO Shambhala New Skin Oil – a real treat for active feet. Lastly, toenails are filed and painted in your child's favorite color.

30 minutes €60

### **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 €140

75 minutes (includes nail polish application) €160

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 16 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.

# WELLNESS SPECIALIST

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## **MATTEO PASQUALI**

### **Resident Body Work Practitioner**

Matteo Pasquali has long been fascinated with how the body can reach optimum functionality. Starting his journey 10 years ago as a chef and nutritionist, Pasquali then embarked on the study of anatomy, physiology and massage in the United Kingdom, and deepened his studies further with a degree in Sport Traumatology in Italy. Through his years of practice, Pasquali has created his own style of 'massoterapia' – a series of specialist treatments that work with the body's natural physiology, and bring homeostasis back to the body.

## **TREATMENTS**

### **Integrated Remedial Massage**

This massage is the perfect aid to recovery from a workout, muscular imbalances or injuries. It helps to restore the range of movement in your joints and improve the holistic wellness of the body. The initial consultation lasts 15 minutes, followed by an integrated remedial massage of a duration of your choosing.

60 minutes (including the 15 minute consult) €170

75 minutes (including the 15 minute consult) €180

90 minutes (including the 15 minute consult) €210

### **Follow up treatment:**

60 minutes €160



### **Leg Massage**

After your outdoor adventures and working out on activities like skiing, biking or hiking, this leg massage will leave you feeling light and revitalised. Focusing on your leg and foot muscles, the body work helps to bring relief to pain in your lower limbs, and reduces swelling and muscle fatigue.

45 minutes €130

### **Traditional Thai Abdominal Chi Massage**

Our Thai Abdominal Chi Massage is an internal organ massage that works over the navel and surrounding abdominal areas where stress and tension can accumulate. This helps promote a number of benefits, including improving digestion, soothing bloating and aiding in the relief of constipation. We recommend a course of three treatments for enhanced benefits.

60 minutes €160

### **Plantar Reflexology**

By understanding how the body's organs respond to firm pressure applied to reflex points on the feet, this treatment is designed to create a state of balance and relaxation in the body, the first step in allowing the body to heal itself. Pasquali has used this treatment to help clients suffering from a wide range of ailments, including digestive problems, poor circulation, migraines and stress.

60 minutes €160

### **Assisted Stretching**

Assisted stretching is a form of passive stretching which uses an outside force to stretch your muscles. The benefits are numerous and most importantly, it helps to increase your flexibility, range of motion and reduce stiffness and tension in the body.

60 minutes €160

## **SABINE PLATTER**

Yoga expert Sabine Platter has dedicated herself to finding the best ways to maintain good health and take care of the well-being of your body, mind and soul. After graduating in Austria as a health and fitness instructor, she spent time in India to become a qualified yoga teacher, and has since deepened her knowledge by studying Ayurveda in Milan.

Platter's goal is to help people reconnect with their inner selves through Ayurvedic treatments, yoga practice, meditation and relaxation, aiming to bring holistic wellness back to the body while also paying attention to the emotional and physical wellness of each individual.

## **TREATMENTS**

### **Abhyanga**

Abhyanga is a rhythmic Ayurvedic massage that uses warm oil 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.

75 minutes €160

90 minutes €200

### **Mukha Abhyanga Face Massage**

Mukha Abhyanga is an ayurvedic treatment for the face that purifies deeply and nourishes the skin, tones and oxygenates all the tissues of the body. It improves the brightness of the skin by reducing wrinkles.

30 minutes €75

### **Pada Abhyanga Foot Massage**

This Ayurvedic foot treatment is a swift yet deeply hydrating and relaxing therapy which helps to improve stiffness and joint flexibility.

30 minutes €75

### **Udara Abhyanga Abdomen Massage**

This gentle abdominal massage aims to improve the abdominal condition and regenerate elasticity, tone and tissue strength. The massage activates the body's metabolism and enhances its digestive capacity, making it beneficial in cases of constipation, hyperacidity while also helping to relieve stress and physical tension.

30 minutes €75

## WELLNESS PACKAGES

Restorative wellness takes time. Our COMO Shambhala Packages 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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### COMO Shambhala Active

Kick-start an active lifestyle you can sustain, armed with new insights about your body. This Package incorporates an exercise session and treatments designed to benefit an active lifestyle.

Inclusions:

- A 60-minute group exercise class or wellness activity (timing per scheduled 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 Foot massage 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 €270 Couple €490

## COMO Shambhala Cleanse

Cultivate an approach to wellbeing that goes beyond skin-deep. This Package 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 (per scheduled 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 €250 Couple €440

## COMO Shambhala Sleep

Sleep is one of the most important components of wellness. This package 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 Foot Acupressure massage 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 €285 Couple €535

## COMO Shambhala Beauty

Restore your natural radiance – often dulled by the daily hustle. This package 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)
- A 30-minute body scrub using our INVIGORATE exfoliant, assisting to remove impurities and soften the skin
- 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 manicure or pedicure to tidy and shape your nails
- A COMO Shambhala balm of your choice to take home

Single €330 Couple €620



COMO  
SHAMBHALA  
ALPINA  
DOLOMITES