



COMO
SHAMBHALA

WELLNESS BEGINS
WITHIN

INSPIRING COMMITMENT
TO LIFELONG WELLNESS

Admission

All COMO Uma Ubud guests aged 16 and older have complimentary use of COMO Shambhala's wellness facilities including the fitness centre, locker rooms and steam rooms. 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 Ubud, you can dial +62 361 972 448 or WhatsApp +62 812-4640-8512. 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

Fitness Centre: 24 hours

All in-room treatments during opening hours incur an additional charge of IDR 175,000. 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 IDR 275,000 applies to appointments made outside of our usual hours.

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 Ubud 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 11 per cent 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.

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 IDR 1,000,000

90 minutes IDR 1,200,000

*Our COMO Shambhala therapists have been trained and are accredited by Wellness for Cancer to work with individuals touched by cancer. Please let us know if you would like a modified treatment.

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 IDR 1,100,000

90 minutes IDR 1,250,000

Indonesian Massage

This authentic Indonesian Massage uses our signature blended oil to help rejuvenate the body. Our experts incorporate both rolling and kneading strokes, providing a good therapeutic workout and inducing deep relaxation.

75 minutes IDR 1,000,000

90 minutes IDR 1,200,000

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 IDR 850,000

75 minutes IDR 1,000,000

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 IDR 1,000,000

90 minutes IDR 1,200,000

Taksu Massage

The magical transference of energy between two people who connect is called 'taksu' in Balinese. This is a strong and invigorating treatment that increases blood circulation and helps to relieve tight muscles. As it can also soothe headaches, this treatment is a welcoming antidote for those affected by stress.

75 minutes IDR 1,000,000

90 minutes IDR 1,200,000

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 IDR 850,000

Foot Acupressure 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 IDR 850,000

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 IDR 1,000,000

90 minutes IDR 1,200,000

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 IDR 1,000,000

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.

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 IDR 1,600,000

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 IDR 825,000

90 minutes (with 30 minutes massage)
IDR 1,300,000

120 minutes (with 60 minutes massage)
IDR 1,600,000

Javanese Royal Lulur Bath

This deeply luxurious treatment is a traditional beauty regime at the Royal Palaces of Central Java, where the treatment's techniques were first derived. It is perfect for tired skin, combining a soothing Indonesian Massage with an invigorating body scrub and an aromatic bath. The treatment concludes with the application of body lotion to soften and fully hydrate the skin.

120 minutes IDR 1,600,000

Traditional Balinese Body Wrap

The COMO Shambhala Traditional Balinese Body Wrap revives tense muscles, while also aiding to relieve minor rheumatic conditions. Our expert therapists blend hand-crushed rice with warming spices to create a stimulating rub, which is then applied to the skin. The all-over deep heat experience relieves aching bodies after exercise, using Taksu massaging techniques to improve circulation.

120 minutes IDR 1,600,000

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.

SUNDĀRI FACIAL

Sundāri body and skincare products adhere to Ayurvedic principles based on an ancient eastern philosophy. This is combined with the finest quality ingredients from nature, delivering a holistic approach to wellness that results in outer radiance and inner serenity. Sundāri is an essential part of a lifestyle that enables you to achieve harmony and balance in mind and body.

Sundāri Age Defying Firming Facial

The Sundāri Age Defying Firming Facial, using the regenerative properties of Gotu Kola, helps to reclaim your skin's youth. Not only does it feel luxurious, Gotu Kola instantly exfoliates, firms and improves tone and texture.

60 minutes IDR 1,000,000

Sundāri Intensive Healing Facial

The Sundāri Intensive Healing Facial is suitable for very sensitive skin and utilises the purifying benefits of Neem, known in India as the 'pharmacy tree'. Organic plant extracts are combined with soothing oil to heal, hydrate and firm – restoring balance to sensitive or irritated skin, helping it to regain its youthful glow.

60 minutes IDR 1,000,000

Sundāri 'Essential Supplifying' Facial

The Sundāri Essential Supplifying Facial breathes new life into dry or stressed skin with a deeply nourishing and intensely hydrating treatment. The treatment will start with a relaxing Abhyanga back massage, followed by application of Sundāri's Omega3+ complex, using naturally active ingredients to restore lost skin lipids. Skin is left softened and renewed, with a natural glow.

90 minutes IDR 1,400,000

Sundāri Beautiful Eyes

The luxurious Sundāri Beautiful Eyes treatment hydrates and firms the delicate eye area. Assisted by penetrating age-defying formulas, this treatment also soothes puffiness, and hydrates and relieves tired eyes.

30 minutes IDR 550,000

Sundāri Firming Neck Treatment

The Sundāri Firming Neck Treatment helps you reclaim a healthy appearance to the neck area. First, an active exfoliation with enzymes and bamboo extract reduces roughness, uneven pigment and loose skin. Then an energising mask and massage, utilising the rejuvenating effects of Gotu Kola, leaves skin firm, smooth and restored.

30 minutes IDR 550,000

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 Lift Summum

Guinot Lift Summum is an exclusive firming treatment that 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. The treatment also diminishes the appearance of fine lines, while the unique face and décolleté masks restore a youthful appearance.

60 minutes IDR 1,500,000

BEAUTY CARE

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

NAIL CARE

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

Essential Manicure

A lasting manicure in the colour of your choice.

45 minutes IDR 550,000

Essential Pedicure

A lasting pedicure in the colour of your choice.

60 minutes IDR 680,000

MIND AND BODY DISCIPLINE

COMO Shambhala offers a variety of classes and activities, including yoga, Pilates 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 refer to the COMO Shambhala Schedule of Activities or approach our COMO Shambhala Wellness reception team to make your reservation.

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 IDR 650,000

60 minutes (couple) IDR 850,000

Additional (third onwards)
IDR 200,000 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) IDR 850,000

Meditation

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

60 minutes IDR 650,000

60 minutes (couple) IDR 850,000

Additional (third onwards)
IDR 200,000 per person

Pranayama

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

60 minutes IDR 650,000

60 minutes (couple) IDR 850,000

Additional (third onwards)
IDR 200,000 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 environs of the Retreat, for a dual practice that has the power to both invigorate the body and relax the mind.

60 minutes IDR 650,000

60 minutes (couple) IDR 850,000

Additional (third onwards)
IDR 200,000 per person

All services are subject to 10 per cent service charge and 11 per cent government tax.

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

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.

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 IDR 1,000,000

90 minutes IDR 1,200,000

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 IDR 1,100,000

90 minutes IDR 1,250,000

Indonesian Massage

This authentic Indonesian Massage uses our signature blended oil to help rejuvenate the body. Our experts incorporate both rolling and kneading strokes, providing a good therapeutic workout and inducing deep relaxation.

75 minutes IDR 1,000,000

90 minutes IDR 1,200,000

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 IDR 850,000

Foot Acupressure 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 IDR 850,000

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 COMO Shambhala Massage to further stimulate the body's natural detoxifying functions.

60 minutes IDR 825,000

90 minutes (with 30 minutes massage)
IDR 1,300,000

120 minutes (with 60 minutes massage)
IDR 1,600,000

FACIAL CARE

Sundāri Gentlemen's Facial

The Sundāri Gentlemen's Facial is a targeted face, eye and neck treatment for the unique needs of men's skin, using the healing powers of Neem. The skin is infused with nutrients while an intense enzyme exfoliation firms, soothes and hydrates.

75 minutes IDR 1,200,000

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 IDR 1,300,000

120 minutes IDR 1,600,000

NAIL CARE

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

Manicure

This 30-minute manicure provides a soothing treatment for busy hands. It begins with a warm hand soak in aromatic water, followed by a gentle exfoliation and a nail and cuticle tidy. Next, a calming massage will leave hands feeling soft and smooth.

30 minutes IDR 325,000

Pedicure

This relaxing 30-minute pedicure comprises a warm foot soak, a gentle exfoliation and a massage using COMO Shambhala blended massage oil – a real treat for active feet. The treatment also includes a nail and cuticle tidy.

30 minutes IDR 375,000

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.

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

IDR 350,000

45 minutes Full-body Massage IDR 500,000

60 minutes Full-body Massage IDR 650,000

Cleansing Facial

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

30 minutes IDR 400,000

Children 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 favourite polish colour to add to their manicured fingernails.

30 minutes IDR 250,000

Children 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 favourite colour.

30 minutes IDR 300,000

COMO SHAMBHALA PRIVATE SESSIONS FOR CHILDREN

Children's Yoga

60 minutes IDR 600,000

Family Yoga

60 minutes (two adults + two children with age from five years old) IDR 850,000

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.

All services are subject to 10 per cent service charge and 11 per cent government tax.

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

WELLNESS SPECIALISTS

WAYAN BUDIARTA (BUDI)

Yoga Teacher

Wayan Budiarta is a warm, engaging and intuitive yoga expert. He previously worked in the hospitality industry for 10 years, until he married a yoga teacher and fell in love with the practice himself.

With a background in Thai massage, yin yoga, vinyasa yoga and consciousness meditation, Budi teaches an approachable but challenging flow with an emphasis on conscious sequence. He enjoys helping others to develop body awareness and a balance between flexibility and strength. Most of all, he promotes a connection with one's honest self.

60 minutes IDR 650,000

DEWA MADE SULENDRA

Chakra Healing

Dewa is a Bali-born healer who specialises in Kundalini energy and chakra healing. A traditional Balinese healer, he treats illness through his universal connection and delivers insights into situations to provide an opportunity for self-healing. It's a practice that has existed for thousands of years across multiple cultures and can be a life-changing catalyst.

During his sessions, Dewa energetically scans the body to locate problem areas and will act as a medium to focus universal energy to heal and balance chakras. Rebalancing your chakras can improve your mood and energy level, as well as physical symptoms from stress and anxiety, and boost self-esteem.

60 minutes IDR 1,900,000

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.

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 Acupressure 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 IDR 1,450,000, Couple IDR 2,650,000

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 (timing 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 IDR 1,650,000, Couple IDR 2,900,000

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 IDR 1,550,000, Couple IDR 2,800,000

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)
- 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 IDR 1,850,000, Couple IDR 3,300,000



COMO
SHAMBHALA
UMA UBUD