



PRESS RELEASE

COMO SHAMBHALA SINGAPORE CHAMPIONS BETTER DIGESTIVE HEALTH WITH THE GOOD GUT PROGRAMME



Unlock key insights on health through
expert-led analysis of the gut microbiome and
enhance overall vitality with a customised wellness plan

SINGAPORE, 21 JULY 2025 – COMO Shambhala Singapore launches the Good Gut Programme, a comprehensive wellness initiative designed to support digestive health and overall vitality through structured experiences that integrate science-backed insights, nutrition, fitness, and mindfulness techniques.

“Much like a fingerprint, the gut microbiome is unique to each individual. The Good Gut Programme helps you decode your inner ecosystem, and provides a science-informed, lifestyle-integrated approach to healing and prevention,” says Corinne Ng, Deputy Chief Operating Officer of COMO Shambhala.

The Good Gut Programme highlights COMO Shambhala’s holistic approach to wellness. While conventional gut health programmes tend to focus only on microbiome testing, the Good Gut Programme offers a fully integrated experience, combining expert analysis with targeted therapies and treatments, all within the elevated space of COMO Shambhala Singapore — the brand’s city wellness flagship.

Clients begin their gut health journey with the AMILI Gut Microbiome Test, which offers a personalised look into how their gut influences overall wellbeing. Through advanced microbial analysis, the test reveals connections between the gut and key areas of health, including metabolism (such as fat processing and glucose control), immunity, and mental wellbeing (such as mood, emotional balance, and cognitive function).



These insights support long-term health and enhance overall longevity. The results of the Gut Microbiome Test will be personally explained and interpreted to each client by COMO Shambhala's dedicated team of wellness experts, who will guide clients through:

- Expert consultations to translate microbiome insights into actionable lifestyle changes.
- Specialised movement sessions, such as yoga and Pilates, to increase motility and lower inflammation in the body
- Mindfulness techniques to enhance digestion, regulate eating habits, and reduce stress
- Sustainable nutrition plans to continually support gut health

PRICES AND INCLUSIONS

The Good Gut Programme is currently available at COMO Shambhala Singapore and starts at S\$780. This price includes the AMILI Gut Microbiome Test Kit and one review with our wellness experts.

For more information or to register, please visit [here](#).

Factsheet and Imagery

Please find high-res images and factsheet [here](#).

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ABOUT COMO SHAMBHALA AND THE COMO GROUP

Created by founder-owner Christina Ong and headquartered in Singapore, the COMO Group represents an integrated approach to living well, grounded in a celebration of collaboration, diversity, quality and authenticity. The COMO Group's wellness brand is called COMO Shambhala, a multi-award winning business which has dedicated over 25 years to promoting healthy living in Singapore and beyond, with products, functional fitness, yoga, Gyrotonic® and Pilates, mind, bodywork, and spa services. The COMO Group's businesses also extend across hospitality (COMO Hotels and Resorts, with 18 properties worldwide), fashion (Club21, Kids21 and Dover Street Market Singapore), organic living and specialty foods (Supernature and Culina), dining (AT feast, Candlenut, Cédric Grolet, COMO Cuisine, Culina Bistro, Ippoh Tempura Bar by Ginza Ippoh, Glow, Pangium and The Dempsey Cookhouse and Bar) and philanthropy (COMO Foundation). Our customer recognition programme is called Comoclub.
