



## COMO SHAMBHALA LAUNCHES A NEW GLOBAL FLAGSHIP IN SINGAPORE



On 20th December 2023, the global luxury wellness brand, COMO Shambhala, debuts its largest urban flagship to date. It occupies 9,000 square feet on the fourth floor of COMO Orchard, the new multi-floor lifestyle destination – which includes fashion (Club 21), food and drink (COMO Cuisine), and hospitality (COMO Metropolitan Singapore) – created by the COMO Group in the company's home city of Singapore.

'Wellness sits at the heart of my own lifestyle choices,' says the brand's founder, Mrs Christina Ong. 'Wellness is a way of life. I believe we all have to take ownership of our own wellbeing. Wellness needs to start from within.'

Founded in 1997, COMO Shambhala started as an intimate yoga studio in Singapore, and has grown organically into 17 spas located across nine countries and four continents. This new opening marks a new summit in COMO Shambhala's offering – a calm, contemporary space designed by Milan-based designer and architect, Paola Navone of OTTO Studio, to reflect the flow and palette of healing water.

Expert teaching in yoga, Gyrotonic® and Pilates has always formed a critical part of the COMO Shambhala experience. Guests will enjoy full access to the weekly class schedule, which includes sessions in meditation, pranayama, and high-intensity interval training (HIIT). Private one-on-one teaching is available in all these disciplines, as well as fitness, strength, body conditioning, and mobility.

Collaboration has been a consistent part of the brand's founding vision, enabling access to true industry expertise. At COMO Shambhala Singapore, the brand continues to break new ground as it expands its partnership network from this urban flagship.

Facials feature P5skincare by Dr Priya Sen, the Singapore-based dermatologist whose specialist research has positioned her product line at the forefront for treating skin pigmentation and anti-ageing.

Sage and Ylang – Asia's first certified and customisable microbiome friendly skincare – make their debut on COMO Shambhala Singapore's treatment menus, offering an all-natural approach to beauty.



COMO Shambhala Singapore has also partnered with the Strength Clinic Academy for physiotherapy services. Experts can help identify the underlying factors to assist with injury prevention and pain management, rehabilitation, and sport readiness.

The new 1,500sq ft functional fitness-focused gym – flooded with natural light from floor-to-ceiling city views – is outfitted with cutting-edge equipment, and includes weightlifting by Eleiko, as well as a mini fitness circuit.

There is a red-light therapy warm-up and recovery room for pre-and post-training. Two contrast therapy rooms offer heat therapy: each has an infrared sauna, and a cold therapy ice bath using the world's only plunge pool that produces real ice sheets.

Our two AirPod™ Hydroxy wellness devices are mild hyperbaric capsules which deliver a unique blend of increased oxygen and molecular hydrogen to support the body's natural healing process by delivering up to a 50% increase in oxygen. Regular 60-minute sessions help to increase blood flow, decrease inflammation and swelling, and improve the body's ability to fight free radicals while stimulating the growth of new blood vessel strength. This can enhance the quality of sleep, heighten alertness and mental acuity, and help stress management.

Iconic COMO Shambhala treatments and wellness programmes are available seven days a week, including massages using the brand's aromatherapy-based body oils (Invigorate, Shelter, Calm, New Skin, Purify, Harmony and Comfort).

COMO Shambhala's long-standing commitment to holistic wellness is also supported by healthy cuisine available from the COMO Shambhala Kitchen menus at COMO Cuisine on the building's second floor. This nutritionally intelligent approach to eating well, with raw juices, salads, and a wide selection of plant-based dishes is available breakfast, lunch and dinner.

#### **Location and Opening Times**

COMO Shambhala Singapore at COMO Orchard is located at Level 4, 30 Bideford Road. It is open seven days a week from 7am to 9pm.

#### **Further Information and Press Images**

For more information on COMO Shambhala, visit our website [comoshambhala.com](http://comoshambhala.com). Further information and press images are available from Gladys Ow Yong: [gladys@directionsgroupinc.com](mailto:gladys@directionsgroupinc.com)



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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.