



PRESS RELEASE

## COMO SHAMBHALA SINGAPORE DRIVES AN AGENDA ON MEN'S WELLBEING



COMO Shambhala Singapore, the global wellness brand's newest wellness flagship in Orchard Road, refines its holistic offerings to encourage more men to prioritise their wellbeing.

With concepts of neuroplasticity, personalised workouts, brain health, and rapid recovery growing in global interest, clients can sharpen mind and body with an extensive repertoire of complementary modalities – all in one space.

“Men's health and fitness is no longer solely focused on the looking-good factor. We're now seeing a shift towards optimising recovery for both mind and body with highly personalised training,” says William Daniels, General Manager of COMO Shambhala Singapore.

### NEW WAYS TO MOVE

Making time for fitness is the challenge of every working man's life. Consistency can be improved by varying the types of movement in a workout routine, which also helps with neuroplasticity – this refers to the brain's ability to create neural connections in response to new experiences. COMO Shambhala Singapore encourages this deeper engagement by pairing each client with the right expert trainer. This one-on-one relationship can be augmented by the centre's extensive range of classes, from reformer Pilates to yin yoga.

Fitness memberships are available from \$295/month, which includes 24/7 access to the gym and Red Light Therapy room.



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## BEAT BRAIN FOG

As the average lifespan extends through advancements in medical science, optimising brain function and maintaining clarity of mind have become top-of-mind wellness concerns. Recent studies have shown that the effects of Hyperbaric Oxygen Therapy are promising: a reduction in oxidative stress and inflammation, as well as improved cognitive function and physical ability.

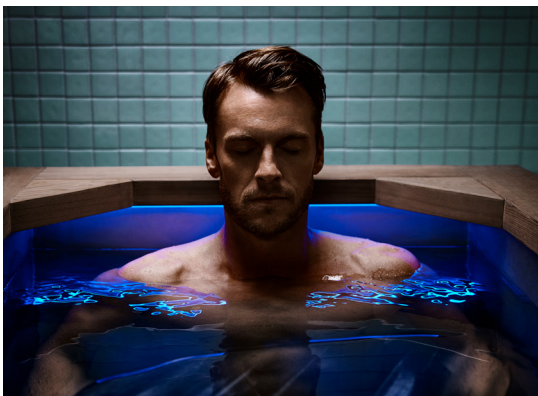
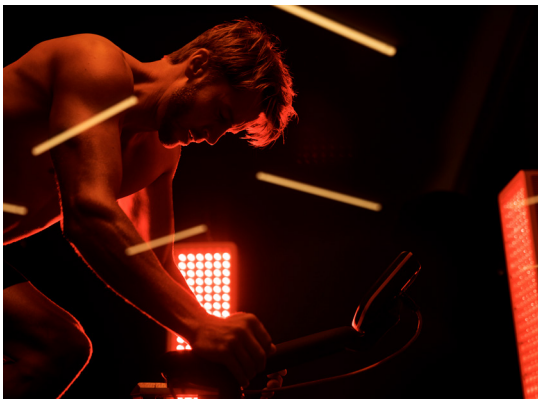
At COMO Shambhala Singapore, molecular hydrogen and oxygen is pumped into a pressurised chamber, increasing oxygen availability to the body by 50 per cent. This results in better memory, focus, and sleep quality, as well as quicker recovery from jet lag.

A 60-minute session in the Hyperbaric Airpod™ starts at \$180.

## RAPID RECOVERY

Contrast Therapy, or the practice of alternating between hot and cold baths, is commonly utilised by athletes to recover faster post-exercise. COMO Shambhala Singapore takes the high-tech route with an infrared sauna, followed by a dip into an ice bath. This helps to decrease pain, swelling, and lactic acid buildup post exercise, for improved personal bests.

Until the end of July, new male members at COMO Shambhala Singapore can benefit from a complimentary, additional session when they purchase one health-tech therapy, which includes Hyperbaric Oxygen Therapy, Heat Therapy, Cold Therapy, and Contrast Therapy. Prices start from \$60 for Cold Therapy – for the full price list, see [here](#).





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## FEED YOUR GOALS

Fitness and nutrition go hand in hand. Members and guests of COMO Shambhala Singapore can choose from the COMO Shambhala Kitchen menu at COMO Cuisine, situated on Level 2 of COMO Orchard. The range of antioxidant-rich, immunity-boosting dishes, as well as juices to enjoy at any time of day, include these COMO Shambhala classics.

Sample dishes include:

**Muscle Mylk:** A juice featuring banana, coconut water, coconut meat, flaxseed, cocoa powder, and almond milk. Accelerates fitness recovery by replenishing electrolytes and nutrients and restoring muscular energy reserves.

**Flaxseed Cracker 'Club' Sandwich with Avocado Crush, Dried Tomatoes and Sprouts:** Rich in essential fatty acids, dietary fibre, and minerals, this heart-healthy breakfast supports the gut microbiome, promotes heart health, and clears impurities from the bowels.

**Green Goddess Soup:** An all-day dining classic that can be consumed on the go, this refreshing soup features spinach, watercress, basil, young coconut water, and parsley. The greens catalyse enzymatic activity in the liver to support the processing of toxins.

## FITNESS HOLIDAYS

COMO Shambhala Singapore is part of a larger vision for the wellness brand. Singapore clients can now deepen their commitment to fitness with the new 'Fit to Perform' Wellness Path offered at COMO Shambhala Estate in Bali. This immersive experience stretches from five to ten nights, and combines diagnostics, innovative treatment techniques with outdoor activities, high-octane workouts, and Pilates.

Single occupancy starts from US\$5,100 per guest, for a duration of five nights. For the full range of Wellness Paths offered at COMO Shambhala Estate, see [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.

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