



COMO  
SHAMBHALA

WELLNESS BEGINS  
WITHIN

## SERVICE MENU

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### **Admission**

Guests and clients aged 16 and older have complimentary use of COMO Shambhala Singapore's fitness centre. For guests under the age of 16 years, please discuss treatment details and prerequisites with our Wellness Concierge.

### **Facilities**

- 1,500sq ft Fitness Gym
- Red Light Therapy Room
- Yoga Studios
- Pilates Studios
- Gyrotonic® Studio
- Contrast Therapy Rooms — Infrared Sauna and Ice Bath
- Oxygen Therapy Space — Hyperbaric Airpods™
- Spa Treatment Rooms
- Lounge
- Changing Rooms with RFID Lockers

## **Appointments and Reservations**

Reservations and bookings can be made by calling the COMO Shambhala Singapore Wellness Concierge at +65 6304 3552, through email at [enquiry@comoshambhala.com](mailto:enquiry@comoshambhala.com), or through WhatsApp at +65 8121 6180. You may also make appointments and movement class bookings through the COMO Shambhala Singapore app. We recommend scheduling your appointments in advance to secure your preferred time. We always try our best to accommodate requests for individual therapists and specialist based upon their availability.

## **Opening Hours**

Mondays to Thursdays: 7am to 9pm

Fridays to Sundays: 7am to 7pm

Public Holidays: 7am to 6pm

## **Arrival**

We recommend that you arrive at least 10 minutes prior to your appointment time to relax and prepare yourself. Arriving late will limit the time of your sessions. You may also be requested to complete a brief, confidential Client Information Form and Health Check. This is to check for contraindications to any training programmes or treatments.

### **Cancellation Policy**

Should you wish to cancel an appointment, please let us know ahead of time.

All group classes: At least 12 hours ahead

All private classes: At least 24 hours ahead

All consultations and treatments: At least 24 hours ahead

If a cancellation is made outside of the early cancellation window, the full cost for the treatment or class will be charged. No-shows will also be charged the full cost of the treatment or class.

### **Valuables**

Lockers are available for storing your belongings during your visit. COMO Shambhala Singapore accepts no responsibility for the loss of money or valuables of any kind.

### **Prices and Packages**

All prices stated are in Singapore Dollars and are inclusive of Goods and Services Tax (GST) at the prevailing rate, as we are a GST-registered company. For package validity, please refer to the last page of this menu.

### **Gift Certificates**

From classes to treatments, gift an indulgent wellness experience with a gift certificate.

## FITNESS

Our gym has over 20 types of strength and functional equipment, as well as a wide range of cardiovascular machines and a red light therapy room. This unique approach brings movement and recovery into one holistic space. Recognised brands such as Hammer Strength, Life Fitness and Eleiko have been curated from around the world to bring you the best equipment.

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The rolling monthly gym membership contract gives you 24 hours 7 days a week access to the Gym including Red Light Therapy.

Gym membership: \$295/month

### **Red Light Therapy**

This pre- and post-workout therapy enhances performance and promotes muscle recovery utilising wavelengths within the red and near infrared spectrum.

### **Personal Training**

Experience one-on-one sessions with a certified fitness coach to help you meet your goals through personalised assessment and tailored training.

#### Personal Training Package

60 minutes: \$180

12 sessions: \$2,140 (\$178.33/ session)

60 minutes with Senior Trainer: \$240

12 sessions: \$2,850 (\$237.50/ session)

### Personal Training For Two

These sessions allow you to train with a friend, guided by expert fitness coaches.

60 minutes: \$240

12 sessions: \$2,520 (\$210.00/ session)

#### With A Senior Trainer

60 minutes: \$350

12 sessions: \$3,780 (\$315.00/ session)

# HEALTH-TECH THERAPIES

Our suite of restorative treatments use cutting-edge technology to deliver science-backed health and wellness benefits.

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## **Hyperbaric Oxygen Therapy**

The Hyperbaric Airpod™ delivers a unique blend of oxygen and molecular hydrogen to support the body's natural healing processes by delivering up to 50% increase in oxygen, promoting sleep and mental acuity, while increasing energy and stamina.

60 minutes: \$180

12 sessions: \$2,050 (\$170.83/session)

90 minutes: \$270

12 sessions: \$3,070 (\$255.83/ session)

## **Heat Therapy**

Enjoy a rejuvenating treatment in a cedarwood sauna that uses infrared lights heated up to 75°C to stimulate body warmth. The infrared spectrum promotes cell rejuvenation and fat reduction, while reducing inflammation and increasing collagen production.

45 minutes: \$85

6 sessions: \$485 (\$80.83/ session)

12 sessions: \$795 (\$66.25/ session)

### **Cold Therapy**

Submerge in an ice bath with water at 0 to 10°C to enjoy numerous health benefits ranging from weight loss and muscle recovery, to improved immunity and resilience.

15 minutes: \$60

12 sessions: \$685 (\$57.08/ session)

### **Contrast Therapy**

This treatment alternates heat and cold therapies to improve wellbeing, build immunity and elevate mood. It can also enhance fitness performance by supporting the body's ability to recover post-exercise.

60 minutes: \$120

12 sessions: \$1,370 (\$114.17/ session)

We have two Contrast Therapy suites that can hold up to two and four people respectively. Additional guests can join the same session at \$30 each.

## MOVEMENT

At the core of the yoga, Pilates and Gyrotonic® disciplines, is a mind-body connection grounded in functional movement and breathwork. Ease into a deeper yoga and Pilates practice with intimate private classes or opt for group classes with a low student-instructor ratio.

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For Group Mat Classes, Personal Training, Private Yoga, Private Pilates, and The Founder's Classical Pilates Series, a package of 12 sessions is valid for 6 months. Comoclub discounts are not applicable on The Founder's Pilates Series.

### **Group Mat Class**

Develop strength, improve mobility, and hone the mind-muscle connection with an expert-led selection of Group Mat Classes, including yoga, mat Pilates, sound healing, Core Barre, myofascial release, high-intensity interval training, and more.

60 minutes Group Class: \$45

2-Week Unlimited Mat Classes: \$300

12 classes: \$490 (\$40.83/class)

### **Group Equipment Class**

Further your Pilates practice with our Group Pilates Equipment Classes, which include the Reformer, Chair, Suspend TRX Training System, and more. Pre- and Postnatal Reformer classes are also available.

60 minutes Group Class: \$65

12 classes: \$740 (\$61.66/class)

### **Gyrotonic®**

This full-body workout replicates the muscle movements in swimming, yoga, dance, and gymnastics to align the body's natural movement patterns. Performed on a Pulley Tower with weights for resistance, the Gyrotonic® method incorporates breathwork to support neuro-muscular rejuvenation and mobilise the spine. Only available as a private class.

60 minutes: \$240

12 classes: \$2,765 (\$230.42/session)

For Group Mat Classes, Personal Training, Private Yoga, Private Pilates, and The Founder's Classical Pilates Series, a package of 12 sessions is valid for 6 months. Comoclub discounts are not applicable on The Founder's Pilates Series.

## Private Yoga

Refine your technique in our Private Yoga Classes, guided by expert instruction. Styles of yoga offered include Hatha, Iyengar, Prenatal, Postnatal, Restorative, Yin Yang, and more. Please approach our Concierge Team to enquire about the availability of other types of yoga.

### Private Classes

60 minutes: \$180

12 classes: \$1,945 (\$162.08/ session)

### Private Classes with Senior Instructor

60 minutes: \$240

12 classes: \$2,300 (\$191.67/ session)

## Private Pilates

Find balance with our Private Pilates Classes, which focus on the core principles of Joseph Pilates' original method. The sessions can be tailored for rehabilitation or performance.

### Private Classes

60 minutes: \$180

12 classes: \$1,945 (\$162.08/ session)

### Private Classes with Senior Instructor

60 minutes: \$220

12 classes: \$2,300 (\$191.67/ session)

### Private Classes for Two

60 minutes: \$240

12 classes: \$2,700 (\$225.00/ session)

### Private Classes for Two with Senior Instructor

Single class: \$280

12 classes: \$3,000 (\$250.00/ session)

For Group Mat Classes, Personal Training, Private Yoga, Private Pilates, and The Founder's Classical Pilates Series, a package of 12 sessions is valid for 6 months. Comoclub discounts are not applicable on The Founder's Pilates Series.

## The Founder's Classical Pilates Series

These bespoke private classes offer unparalleled depth and expert instruction on the original methodology of Classical Pilates. It is launched in collaboration with Flex Studio, Asia's leading Classical Pilates and movement studio. Clients will be guided through Flex Studio's proprietary sequence of movements, designed to establish stability, balance strength with stretch, and challenge stamina.

### Private Class

55 minutes: \$220

12 classes: \$2,300

First-time clients of the Founder's Classical Pilates Series can enjoy a pack of three classes at \$575, valid for one-time purchase only.

### Private Class for Two

55 minutes: \$280

12 classes: \$3,000

First-time clients of the Founder's Classical Pilates Series can enjoy a pack of three classes at \$750, valid for one-time purchase only.

For Group Mat Classes, Personal Training, Private Yoga, Private Pilates, and The Founder's Classical Pilates Series, a package of 12 sessions is valid for 6 months. Comoclub discounts are not applicable on The Founder's Pilates Series.

## MASSAGE THERAPY

Blending modern science with ancient healing practices, our range of massages offer a relaxing and rejuvenating experience. Our expert therapists are mindful of diverse conditions and tailor sessions to address specific concerns.

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Our Massages are available as single sessions, in durations of 60 or 90 minutes.

60 minutes: \$220

90 minutes: \$300

Our packages include all Massages on the menu, allowing you to select a treatment that suits your current wellness needs.

Package

60 minutes

6 sessions: \$1,230 (\$205.00/ session)

12 sessions: \$2,375 (\$197.92/ session)

90 minutes

6 sessions: \$1,675 (\$279.17/ session)

12 sessions: \$3,240 (\$270.00/ session)

### **COMO Shambhala Massage**

This nurturing massage uses our blended massage oils to calm the mind and rejuvenate the body. It is an ideal treatment for those making a commitment to improve their general wellbeing as it helps to rebalance both body and mind.

### **Deep Tissue Massage**

This restorative 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 flow and release tension and tightness in your muscles and connective tissue, so muscles can once again operate at full capacity.

### **Thai Massage**

Thai Massage assists in improving energy flow and vitality. With this type of 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.

### **Indian Head Massage**

Beginning in a seated position with a focus on the head, neck and shoulder area, this tension-releasing massage uses pressure points and deep tissue techniques to ease tight muscles. A gentle facial massage of the nine Marma facial points is also included.

60 minutes: \$220

90 minutes: \$300

### **Prenatal Massage**

Our Prenatal Massage is specially tailored 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.

### **Manual Lymphatic Drainage Massage**

This 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. This gentle massage helps to cleanse the body of unwanted toxins, giving your body a 'reboot' so it can function more efficiently.

Except for Prenatal Massage, treatments are available to all genders

## FACIAL CARE

COMO Shambhala offers facial care for every skin type, including non-invasive anti-ageing facials. Indulge in targeted treatments tailored to your skin's needs, restoring it to optimal health for a youthful glow.

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### **PSSKIN FACIAL**

Founded in 2014 by dermatologist Dr. Priya Sen, these facials use patented dermatological formulations with proven clinical efficacy to help improve skin health.

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### **Deep Cleansing and Brightening Facial**

This multi-step cleansing treatment thoroughly exfoliates and refines the pores, resulting in a more even complexion. Vitamins B and C, tetraoetides, and antioxidants are then infused into the skin for a more radiant appearance.

60 minutes: \$200

6 sessions: \$1,080 (\$180/session)

Treatments are available to all genders

### **Anti-ageing and Firming Facial**

A powerful, non-invasive treatment that helps to revive the facial contours. Multipolar radiofrequency and vacuum technology tones muscles and increases collagen production for skin that appears smoother, and firmer than before.

90 minutes: \$310

6 sessions: \$1,710 (\$285.00/ session)

### **Nano-needling Facial**

This advanced, non-invasive treatment uses nanotechnology to refine pores and reduce the appearance of fine lines. Nano-needles create tiny channels in the skin, stimulating collagen production for a hydrated glow.

75 minutes: \$250

6 sessions: \$1,350 (\$225/ session)

### **Gua Sha Facial**

Designed to promote lymphatic drainage and relax the facial muscles, the treatment begins with a gentle cleanse and skincare tailored to your skin concerns. Light pressure is applied with the gua sha tool to sculpt the face and reduce puffiness.

60 minutes: \$180

6 sessions: \$980 (\$163.33/ session)

### **LED Light Therapy Facial**

This treatment designed to target multiple skin issues using different wavelengths of light. After cleansing, the BHA Complex is applied to restore the skin's barrier, followed by Light Therapy to destroy acne-causing bacteria and reduce redness.

45 minutes: \$140

6 sessions: \$770 (\$128/ session)

### **SAGE AND YLANG FACIALS**

Made with powerful botanical extracts, the Sage and Ylang facials focus on balancing the skin's microbiome and enhancing cellular repair. Their products are certified to be safe for the microbiome.

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### **COMO Shambhala Microbiome Facial**

This facial uses the world's first personalised microbiome skincare to soothe, hydrate, and protect your skin.

A proprietary blend of prebiotics and postbiotics balances the skin's natural bacteria and pH levels to strengthen the skin barrier for a healthier complexion.

60 minutes: \$180

6 sessions: \$980 (\$163.33/ session)

Treatments are available to all genders

### **Calming and Soothing Facial**

Designed to treat acne-prone skin, this facial deeply cleanses and exfoliates skin to treat stubborn spots. An ultrasound machine and a range of skin boosters are used to customise the treatment, calming inflammation and redness while hydrating the complexion.

75 minutes: \$210

6 sessions: \$1,135 (\$189.17/ session)

### **Treatment Add-Ons**

Personalise your facial with targeted add-ons. Our therapists are able to recommend specific ones for each skin concern. Please let our therapists know beforehand if you would like any of these additional treatments.

Gua Sha

15 minutes: \$40

Extraction

15 minutes: \$30

LED Light Therapy

15 minutes: \$40

Treatments are available to all genders

## ALTERNATIVE THERAPIES, DIAGNOSTICS AND CONSULTATIONS

Incorporating alternative healing and mindful practices into a holistic wellness routine helps build emotional and mental resilience. Complement these therapies with movement and functional training for a 360-degree approach to balancing the body and mind.

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### **Physiotherapy**

Our experienced therapists from Strength Clinic Academy offer personalised treatments for a variety of concerns, from acute and chronic injury management to post-surgery rehabilitation and pain management.

30 minutes: \$185

45 minutes: \$235

60 minutes: \$275

### **Good Gut Programme**

A comprehensive gut microbiome test offers valuable insight into the microbiota composition in the digestive system. Test results are a direct bio-marker of your current and future health developments. Based on the findings, our trained experts can design a personalised fitness, recovery and nutrition regime to improve your wellbeing.

Please approach our Concierge Team for more information.

**Package Validity**

The validity of your package begins from the date of your first booking. The validity of the 2-Week Unlimited Mat Classes begins on the date of purchase.

For Facials, a package of 6 sessions is valid for 6 months. For Massages, a package of 6 sessions is valid for 6 months, and a package of 12 sessions is valid for 12 months.

For Group Mat Classes, Personal Training, Private Yoga, and Private Pilates, a package of 12 sessions is valid for 6 months.

For extension of package validity, please email [enquiry@comoshambhala.com](mailto:enquiry@comoshambhala.com) before the package expires. Requests for package suspension will be accepted only with supporting medical documents.

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COMO Shambhala reserves the right to charge a client the full amount for an appointment in the event that the client is late for the appointment and the service or class cannot be carried out due to time constraints. Extensions for appointments cannot be entertained.



COMO  
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SINGAPORE