

Inspiring commitment to
lifelong wellness



COMO SHAMBHALA

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

ADMISSION

All COMO Parrot Cay guests aged 16 and older have complimentary use of COMO Shambhala's wellness facilities including the Gym, Swimming Pool, Outdoor Jacuzzi, Sauna, Steam Room and Locker Room. For treatment requests for guests under the age of 15 years, please see our Wellness Centre reception team for details and reservations.

RESERVATIONS

Reservations can be made at the COMO Shambhala Retreat wellness reception or by dialling guest services on your in-room telephone. If calling from outside COMO Parrot Cay, you can dial +1 649 946 7788. 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 : 9am – 9pm

Gym : 24 hours

All in-room treatments during opening hours incur an additional charge of US\$120. Should you wish to schedule a treatment outside of our usual hours, please contact the COMO Shambhala Retreat wellness reception team at least 24 hours in advance for arrangement. Treatments will be charged at double the usual rate for 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 consultation card. 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 full 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 Shambhala 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 12 per cent government taxes.

GIFT VOUCHERS

Gift an indulgent wellness experience at COMO Shambhala Retreat or COMO Shambhala Urban Escape. Choose from the complete menu of available wellness treatments, or give the gift of choice and purchase a voucher.

MASSAGE THERAPY

COMO Shambhala offers the best 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 US\$210

90 minutes US\$245

**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, drains it of toxins and allows for the release of deeply held patterns of tension. The techniques used during this soothing treatment all help to increase blood and lymph flow, so muscles can once again operate at full capacity.

75 minutes US\$210

90 minutes US\$245

INDONESIAN MASSAGE

This authentic Indonesian Massage uses traditional Javanese essential oils to help rejuvenate the body. Our experts incorporate both rolling and kneading strokes, providing a good therapeutic workout and inducing deep relaxation.

75 minutes US\$210

90 minutes US\$245

THAI MASSAGE

Thai Massage unblocks trapped energy and increases 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 US\$210

90 minutes US\$245

HOT RIVER STONE MASSAGE

COMO Shambhala's Hot River Stone Massage is a powerful therapeutic treatment that uses smooth, warm oiled stones to promote a profound sense of relaxation. Gliding the stones along the muscles, the massage corrects tensions at the deepest level, addressing deep-held muscular knots. The treatment also involves dynamic stretches.

90 minutes US\$275

PRENATAL MASSAGE

Our Prenatal Massage is a specially designed treatment suitable for all stages of pregnancy after the first trimester, and includes a floral footbath, full body massage and relaxing facial massage. Pregnancy support cushions are used throughout to ensure total comfort.

75 minutes US\$210

90 minutes US\$245

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.

75 minutes US\$210

90 minutes US\$245

REFLEXOLOGY

COMO Shambhala therapists use reflexology to help induce deep relaxation. By understanding how the body's organs respond to gentle pressure to reflex points on the feet, our experts can use reflexology to stimulate the body's natural healing processes. This is an especially nurturing treatment after a day's travelling or walking.

60 minutes US\$175

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 US\$275

MARINE ALGAE THERAPY

Our Marine Algae Therapy Wrap contains rich minerals and vitamins to stimulate metabolism and boost circulation. This treatment also includes a gentle massage of the face and head. After a shower, the Marine Algae Therapy Wrap finishes with the long calming strokes of our signature COMO Shambhala Massage.

90 minute massage US\$275

DEAD SEA MUD THERAPY

Our nurturing Dead Sea Mud Therapy treatment extracts impurities from the skin, while moisturising the body and relieving muscle tension. The warm mud treatment includes a gentle exfoliating scrub, as well as a face and scalp massage. After a shower, the treatment concludes with the long calming strokes of our signature COMO Shambhala Massage.

90 minute massage US\$275

COMO SHAMBHALA SUN SOOTHER

This soothing face and body treatment is designed specifically for use after excessive sun exposure, nourishing and comforting the skin as well as reducing heat and redness.

60 minutes US\$175

With 30-minute massage US\$240

REJUVENATING BODY TREATMENT

This treatment begins with a Dosha assessment of your body type, inspired by ancient philosophical tradition, to determine individual needs. This is followed by a soothing Abhyanga back massage using warm herbal oil, a purifying exfoliation, and the application of a herbal body mask. The process will be repeated on the front of your body, before concluding with a therapeutic facial and hydration massage.

90 minute massage US\$265

AYURVEDA THERAPY

Ayurveda means 'the science or knowledge of life' and is an ancient system of Indian holistic healthcare. Ayurvedic wellness programmes aim to restore the body to a natural state of equilibrium by rectifying imbalances in the body's three doshas — vata, pitta and kapha — that make up the body's constitution. Benefits include weight loss, stress relief and detoxification. Wherever our Ayurvedic therapies are available, we also provide an Ayurvedic Doctor to prescribe the most appropriate treatments. He or she will also add nutritionist support in personalised eating plans. We recommend a minimum of three treatments for optimal results.

ABHYANGA

Abhyanga is a rhythmic Ayurvedic massage that uses warm herbal oils to help energise the body and improve circulation. As impurities and toxins loosen, immunity is enhanced and the body and mind experience deep relaxation.

75 minutes US\$250

Recommended 3 treatments for desired results US\$675

75 minutes (2 Therapists) US\$285

Recommended 3 treatments for desired results US\$770

PIZICHILI

During a Pizichili therapy, warm herbal oil is continuously poured over the entire body. Our COMO Shambhala experts combine this Ayurveda treatment with a soothing massage to create a rejuvenating therapy that counteracts everyday stress.

75 minutes US\$285

75 minutes (2 Therapists) US\$300

Recommended 3 treatments for desired results US\$810

SHIRODHARA

Shirodhara is an Ayurvedic treatment which helps to improve focus, concentration and relaxation. After a gentle massage to the neck and shoulder area, warm oil is poured in a steady stream over the forehead. This deeply calming practice quiets the mind and the senses, and improves mental clarity and comprehension.

60 minutes US\$220

Recommended 3 treatments for desired results US\$590

ABHYANGA PACKAGE – ABHYANGA, SWEDANA, UBTAN AND SHIRODHARA

This trio of Ayurvedic treatments enhances circulation and releases impurities through the skin. An Abhyanga rhythmic massage is combined with a Swedana herbal steam treatment and concludes with Shirodhara, during which COMO Shambhala therapists gently pour warm herbal oil in a steady stream over the forehead, calming the senses while inducing clarity of mind.

90 minutes (2 Therapists) US\$335

PIZICHILI PACKAGE – PIZICHILI, SWEDANA, UBTAN AND SHIRODHARA

This package of Ayurvedic treatments help to treat stress, anxiety and nervousness. A Pizichili Massage is combined with a Swedana herbal steam treatment and Ubtan application to enhance circulation and release impurities through the skin. The session concludes with Shirodhara, during which COMO Shambhala therapists gently pour warm herbal oil in a steady stream over the forehead, calming the senses while inducing clarity of mind.

90 minutes (2 Therapists) US\$335

FACIAL CARE

COMO Shambhala offers holistic facial care for every skin type, including the latest in non-surgical anti-ageing treatments.

SUNDĀRI FACIALS

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 US\$190

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 US\$245

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 US\$210

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 US\$90

DR HAUSCHKA FACIALS

Dr. Hauschka Skin Care has been offering a certified natural skincare line since 1967. Using only pure and ethically obtained ingredients, the holistic products work in tandem with the experienced touch of our wellbeing experts.

DR HAUSCHKA RELAXATION TREATMENT

The Dr. Hauschka Relaxation Treatment helps tension melt away. Tired feet are soothed with an aromatherapy footbath and gentle leg and foot strokes, while arms are stretched to encourage deep breathing and relaxation. Skin is gently cleansed then given a deeply nurturing custom mask. Signature lymphatic stimulation is performed to promote internal skin health, relaxation and radiant beauty.

75 minutes US\$210

DR HAUSCHKA CLEANSING TREATMENT

The Dr. Hauschka Cleansing Treatment brings clarity to skin that is out of balance, resulting in a healthy even glow. An aromatherapy footbath helps to draw energy and stress from the mind, while herbal-infused steam and a clay face mask lift and remove impurities. Lymphatic stimulation encourages the draining of toxins from the body, leaving you cleansed and revitalised.

75 minutes US\$210

GUINOT FACIALS

GUINOT facials use skincare products created by French chemist Rene Guinot more than 40 years ago. The products' efficiency can be enhanced with a mild electric current.

GUINOT AROMATIC FACIAL

The GUINOT Aromatic Facial uses the natural healing powers of plant extracts to cleanse and nourish the skin. A gentle nourishing mask and facial massage will leave your skin glowing and revitalized, especially for those with dry and sensitive skin, or after excessive sun exposure.

60 minutes US\$190

GUINOT HYDRADERMIE PLUS TREATMENT

This GUINOT Hydradermie Plus Treatment involves deep cleansing, purification, oxygenation and hydration to leave skin with a healthy glow. Prescriptive gels to suit your specific needs are applied to your skin, before a mild ionised current helps the gel to penetrate through. The GUINOT Hydradermie Plus Treatment also targets the eye and neck areas, with firming and hydrating gels which smooth away the signs of ageing.

90 minutes US\$245

GUINOT HYDRADERMIE LIFT

The GUINOT Hydradermie Lift lifts and firms the skin. The treatment stimulates the small muscles of the face to give a firmer, more radiant appearance, and also promotes oxygenation to revitalise the skin.

60 minutes US\$190

GUINOT HYDRADERMIE LIFT FOR THE EYES

The relaxing GUINOT Hydradermie Lift for the Eyes helps to reduce puffiness, dark circles and fine lines around the eye area. A mild muscle-stimulating electric current, and application of specific GUINOT eye products, make for long-lasting results.

45 minutes US\$90

GUINOT LIFTOSOME

The GUINOT Liftosome treatment visibly transforms the skin within to firm and lift. With the aid of a thermal self-heating mask, Pro-Collagen active ingredients penetrate through the skin, resulting in a renewed radiance.

60 minutes US\$190

BEAUTY CARE

Enjoy a full manicure or pedicure combined with our signature COMO Shambhala scrubs and lotions that will leave you feeling refreshed.

NAIL

Nourishing treatments for hands and feet including manicures, pedicures, soaks, scrubs and soothing massages.

ESSENTIAL MANICURE

Regular Polish US\$60

Long lasting Polish US\$65

ESSENTIAL PEDICURE

Regular Polish US\$75

Long lasting Polish US\$85

WAXING

We offer a range of hair-removal treatments administered by our expert staff.

Full leg US\$75

Half leg US\$40

Bikini line US\$35

Underarm US\$35

Full arm US\$40

Forearm US\$35

Back US\$55

MIND AND BODY DISCIPLINES

COMO Shambhala offers a variety of classes and activities daily, including yoga, Pilates and fitness sessions. In-house guests are welcome to join any of these classes. Our internationally 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 wellness reception team to make your reservation.

YOGA

Yoga has been practiced for over 5,000 years and 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.

MEDITATION

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

FAMILY YOGA

This family class incorporates a yoga lesson for two adults and two children over the age of three. Yoga can help improve concentration, stimulate the imagination and release energy in a fun, safe environment. Kids 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.

FITNESS AND PERSONAL TRAINING

Personal training and private fitness sessions are available on request for anyone from beginner to expert level. Our resident fitness instructor works closely with each client to determine specific needs and design a programme best suited to their goals.

PILATES

Pilates is a gentle form of exercise that improves posture, circulation and flexibility by toning muscles and strengthening the core. It also encourages mind-body balance with calming, regular exercises. Private Pilates sessions are available for beginners to experts, using either the mat or Reformer styles to enhance existing practice or give an introduction to the Pilates method of exercise

PRANAYAMA

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

A complimentary group yoga, Pilates, meditation, pranayama and fitness sessions also conducted throughout the week. Please refer to the COMO Shambhala Retreat Activities Schedule for times.

60 minutes US\$175

60 minutes (couple) US\$195

75 minutes US\$210

75 minutes (couple) US\$230

Additional person at US\$45