



COMO SHAMBHALA

COMO Shambhala, achieving harmony and balance through personal discovery.

MASSAGE THERAPY

COMO SHAMBHALA MASSAGE

A nurturing massage using our signature blended massage oil to calm the mind and rejuvenate the body.

75 minutes US\$210

90 minutes US\$245

DEEP TISSUE MASSAGE

A restorative full body massage that aids in releasing deeply held patterns of tension, removing toxins, relaxing, soothing and thereby encouraging muscles to operate at full capacity. The techniques used in this massage create a prolonged state of reduced muscular tension by applying deep muscle compression and cross fibre friction to increase blood and lymphatic flow.

75 minutes US\$210

90 minutes US\$245

INDONESIAN MASSAGE

A wonderful introduction to traditional Indonesian therapy, this massage incorporates rolling and kneading strokes to rejuvenate the body. It provides a good therapeutic workout whilst also invoking deep relaxation.

75 minutes US\$210

90 minutes US\$245

PRENATAL MASSAGE

This specially designed prenatal treatment, suitable for all stages of pregnancy after the first trimester, starts with a floral footbath, followed by a full body massage and concludes with a relaxing facial massage. Pregnancy massage pillows are used to assure total comfort at all times.

75 minutes US\$210

90 minutes US\$245

THAI MASSAGE

By applying pressure along the meridians, this treatment unblocks trapped energy and improves vitality. Often referred to as passive yoga, it stretches joints and balances all the major muscle groups of the body. No oil is used during this treatment and Thai pyjamas are provided.

75 minutes US\$210

90 minutes US\$245



INDIAN HEAD MASSAGE

An excellent treatment for relieving stress-induced tension in the head, neck and shoulder areas. This treatment also incorporates a gentle facial massage.

75 minutes US\$210

90 minutes US\$245

REFLEXOLOGY

Reflexology recognises how feet have points that correspond to the organs and functions of the body which, when stimulated, can rectify imbalances, helping the body to repair itself. The technique of applying gentle pressure to the reflex points is ideal after a day of walking or travelling.

60 minutes US\$175

HOT RIVER STONE MASSAGE

A powerfully therapeutic massage utilising hot and smooth, oiled river stones. The hot stones glide along muscles, warming and loosening knots, correcting tensions at the deepest level. This melting sensation promotes a profound sense of relaxation.

90 minutes US\$275

BODY CARE

COMO SHAMBHALA BATH

This cleansing treatment works to gently exfoliate and soften the skin. After dry brushing the body, specially prepared COMO Shambhala body scrub infused with shea butter, essential oils, almond, coconut, macadamia nut oils is applied to the body. After rinsing in an invigorating bath, this treatment concludes with a relaxing COMO Shambhala Massage.

120 minutes US\$275

JAVANESE ROYAL LULUR BATH

Lulur is a beauty ritual from the royal palaces of central Java. This gentle exfoliating treatment begins with an Indonesian massage. A body scrub with aromatic mixed spices precedes the application of cooling yoghurt and a relaxing bath. This treatment concludes with a soothing application of body lotion.

120 minutes US\$275

COMO SHAMBHALA SUN SOOTHER

This soothing and comforting face and body treatment is designed specifically for use after excessive sun exposure. The treatment is designed to nourish the skin while reducing heat and redness. Holistic ingredients such as blood orange, aloe vera, apricot kernel oil and shea butter are used to protect, heal and comfort damaged skin.

60 minutes US\$175



REJUVENATING BODY TREATMENT

This treatment is inspired by the traditions of ancient philosophy. Dosha assessment, a process used to determine your body type, will be carried out prior to your treatment to ensure your needs are met. The treatment begins with an Abhyanga back massage using herbal oil. This will be followed by an exfoliation and the application of a herbal oil-based mask. The process will be repeated on the front of your body, before concluding with a therapeutic facial and hydration massage.

90 minutes US\$265

SACRED LOTUS BODY TREATMENT

This treatment has been developed specifically to provide tone and firmness to slack areas of skin. The treatment starts with a nourishing oil application and Abhyanga back massage, followed by a full body enzyme scrub and firming, peptide-infused body mask to exfoliate and detoxify the skin. The treatment concludes with a vigorous contouring massage using Sacred Lotus lotion. This treatment works by increasing circulation to the skin, naturally toning and smoothing the visible outer layers.

90 minutes US\$265

AYURVEDIC THERAPY

Ayurveda is the ancient Indian system of healing, practiced for over 5000 years. In Sanskrit, the term *Ayu* means 'span of life' and *veda* means 'knowledge'. Ayurveda is a holistic and natural approach to health and wellbeing. In order to gain the full therapeutic benefits of these Ayurvedic treatments, it is advisable to book a series of sessions over three to five days.

ABHYANGA

This is a rhythmic oil massage using warm herbal oils. Impurities and toxins are loosened. Immunity is enhanced, circulation is stimulated and the body and mind experience deep relaxation.

75 minutes US\$250 (1 therapist) / US\$285 (2 therapists)

PIZICHILI

In this most rejuvenating of Ayurvedic massages, a continuous stream of warm herbalised oil is poured over the entire body, paired with a gentle massage to preserve and promote positive health.

75 minutes US\$250 (1 therapist) / US\$285 (2 therapists)



SHIRODHARA

In this unique Ayurvedic treatment for relieving stress, warm medicated oil is gently poured in a steady stream over the forehead. It is a profoundly calming treatment that quiets both the mind and senses, improving mental clarity and comprehension.

60 minutes US\$220

ABHYANGA PACKAGE – ABHYANGA, SWEDANA, UBTAN AND SHIRODHARA

An abhyanga massage is followed by swedana (herbal steam) and ubtan to enhance circulation and release impurities through the skin. In shirodhara, warm herbalised oil is gently poured in a steady stream over the forehead, calming the senses and turning them inwards to induce clarity of mind.

90 minutes US\$335 (2 therapists)

PIZICHILI PACKAGE – PIZICHILI, SWEDANA, UBTAN AND SHIRODHARA

A pizichili massage is followed by swedana (a herbal steam) and ubtan to enhance circulation and release impurities through the skin. The combination of pizichili and shirodhara is highly valued for treating stress, anxiety and nervousness.

90 minutes US\$335 (2 therapists)

FACIAL CARE

SUNDĀRI FACIALS

SUNDĀRI combines adherence to Ayurvedic principles based on an ancient eastern philosophy with the finest quality ingredients from nature, delivering a holistic approach to wellness that result in outer radiance and inner serenity. SUNDĀRI is an essential part of a lifestyle that enables you to achieve harmony and balance in mind, body and spirit.

SUNDĀRI AGE DEFYING FIRMLING FACIALS

Reclaim your skin's youth with this advanced facial featuring the regenerative properties of gotu kola, which feels luxurious and acts powerfully to instantly exfoliate, firm and improve your skin's tone and texture.

60 minutes US\$190

SUNDĀRI INTENSIVE HEALING FACIAL

This facial is suitable for very sensitive skin and utilises the purifying benefits of neem, known in India as the 'pharmacy tree'. Organic plants extracts combine with soothing oil to heal, hydrate and firm – restoring balance to sensitive or irritated skin, helping it regain strength and its youthful glow.

60 minutes US\$190



SUNDĀRI ESSENTIAL SUPPLYING FACIAL

Breathe new life into dry or stressed skin with this deeply nourishing, intensely hydrating facial. Our own Omega3+ complex uses naturally active ingredients to restore lost skin lipids – softening, renewing and awakening your natural glow.

90 minutes US\$245

SUNDĀRI GENTLEMEN'S FACIAL

A targeted face, eye and neck treatment for the unique needs of men's skin – using the healing powers of Neem to support the skin with nutrient infusion and intense enzyme exfoliation to firm, soothe and hydrate the skin.

75 minutes US\$210

SUNDĀRI BEAUTIFUL EYES

Hydrate and firm delicate eye areas with this luxurious treatment, assisted by the penetration of age-defying formulas to soothe puffiness, hydrate and relieve tired eyes.

30 minutes US\$90

SUNDĀRI FIRMING NECK TREATMENT

Reclaim a firm, healthy appearance for the neck and décolletage after exposure to the elements. An active exfoliation with enzymes and bamboo extract reduces roughness, uneven pigment and loose skin. An energising mask and massage, utilising the rejuvenating effects of gotu kola leave skin firm, smooth and restored.

30 minutes US\$90

DR HAUSCHKA FACIALS

Deeply rooted in health, Dr Hauschka Skin Care harnesses the power of wholly natural plant ingredients, never using synthetic fragrances, colours or preservatives. The ethically obtained ingredients, in tandem with Dr Hauschka's genuine desire to align the health and care of the skin makes Dr Hauschka Treatments some of the most popular among our guests at COMO Shambhala.

DR HAUSCHKA CLASSIC TREATMENT

A facial treatment like no other; this head-to-toe therapeutic journey works to balance the skin, calm the mind, and relax the body. Tired feet are soothed with a grounding sage footbath and gentle leg and foot strokes. Neck, arms and hands are stretched to encourage deep breathing and relaxation. Aromatherapy compresses and a herbal almond-meal cleanser prepare the skin for the purification and conditioning of two custom masks. The signature technique of gentle lymph stimulation promotes internal skin health and radiant beauty. Botanical and mineral infused day care and stretches to awaken the body complete the treatment.

120 minutes US\$275



DR HAUSCHKA RELAXATION TREATMENT

Feel tension melt away. Tired feet are soothed with an aromatherapy footbath using gentle leg and foot strokes to relax the body. Arms are stretched to encourage deep breathing and the release of tension, while skin is gently cleansed and a deeply nurturing custom mask is applied. Signature lymphatic stimulation is performed to promote internal skin health and completely relax the mind and body.

75 minutes US\$210

DR HAUSCHKA CLEANSING TREATMENT

A deep-cleansing and purifying treatment brings clarity to skin that is out of balance. Begin with a grounding aromatherapy footbath to draw energy and stress away from the head. Herbal-infused steam combined with a customised clay mask draws and lifts impurities. Brush strokes of lymphatic stimulation encourage internal cleansing and skin health. Certified natural specialty products calm skin and bring a healthy, even glow.

75 minutes US\$210

DR HAUSCHKA HOLISTIC TREATMENT

A nurturing, deep-acting facial treatment greatly improves your complexion. Aromatherapy and lymph stimulation are at the heart of this 60-minute skin renewal treatment. This effective treatment is customised by your therapist to restore balance and radiance to all skin conditions.

60 minutes US\$190

GUINOT HYDRADERMIE DELUXE TREATMENT

This multifaceted treatment delivers deep cleansing, purification, oxygenation, and maximum hydration. Prescriptive gels are chosen to suit your specific skin needs. Aided by mild ionised currents, the gels will penetrate through your skin and assist with restoring its natural radiance. The application of high frequency is also used to oxygenate and create an antiseptic effect before a relaxing facial massage and a customised mask. In addition, the Hydradermie Deluxe treatment targets the eye and neck areas with firming and hydrating gels to smooth away the signs of aging and restore a healthy glow.

120 minutes US\$275

GUINOT HYDRADERMIE PLUS TREATMENT

This multifaceted treatment delivers deep cleansing, purification, oxygenation, and maximum hydration. Personalised gels are chosen to suit your specific skin needs that will penetrate through our mild ionised current to regain your skin's natural radiance. In addition, Hydradermie Plus targets the eye and neck areas with firming and hydrating gels to smooth away the signs of aging and restore a healthy glow.

90 minutes US\$245



GUINOT HYDRADERMIE LIFT

Hydradermie Lift was created to lift and firm the skin through muscle stimulation. This treatment stimulates the small muscles of the face for a more radiant, firmer appearance to the skin. In just an hour this treatment revitalises and promotes oxygenation in the skin.

60 minutes US\$190

GUINOT HYDRADERMIE LIFT FOR THE EYES

This relaxing eye contour treatment can help reduce puffiness, dark circles and fine lines. It uses a mild muscle-stimulating electric current along with specific eye products, making for long-lasting results.

45 minutes US\$90

GUINOT LIFTOSOME

Indulge and visibly transform the skin within to firm, lift and add renewed radiance with procollagen. This treatment acts on the skin through in-depth penetration of the firming active ingredients using a thermal self-heating mask.

60 minutes US\$190

GUINOT AROMATIC FACIAL

A gentle yet effective facial, which uses the natural healing powers of plant extracts to nourish the skin. A single peel followed by an extensive facial massage will leave your face soft and glowing.

60 minutes US\$190

BEAUTY THERAPY

WAXING

Full leg US\$75 / Bikini line US\$35 / Underarm US\$35
Half leg US\$40 / Full Arm US\$40 / Forearm US\$35

NAIL CARE

Nourishing treatments for hands and feet which include an aromatic foot soak, scrub and soothing massage.

MANICURE

Classic Nail Polish US\$50 / Weekly Nail Polish US\$55

PEDICURE

Classic Nail Polish US\$70 / Weekly nail Polish US\$75



MIND - BODY DISCIPLINES

A complimentary group session is conducted 6 days a week. Please refer to COMO Shambhala Retreat Activities Schedule.

YOGA

Personal instruction can be booked at any time, presenting the perfect opportunity to discover the benefits of this ancient tradition, to develop a routine that you can incorporate into your daily lifestyle or to enhance your existing yoga practice. Our yoga teacher works closely with you to design a programme to match your specific needs.

MEDITATION

Learn the healing powers of meditation with a private guided session.

PRANAYAMA

Discover your breath and learn how to breathe effectively.

PILATES

Pilates tones muscles and strengthens the body's core, improving posture, circulation and flexibility. It is also calming, aiding mind-body balance. Private Pilates is available on the mat or on the Reformer to either enhance your existing practice or for a gentle introduction to the Pilates method of exercise.

FITNESS AND PERSONAL TRAINING

Private personal training and fitness sessions are available with our resident fitness instructor.

60 minutes US\$175 (for up to two people)
Additional person US\$45 each

COMO SHAMBHALA RETREAT

COMO SHAMBHALA COTTAGE

The COMO Shambhala Cottage can be your very own sanctuary, discreetly tucked away for ultimate privacy and relaxation. You and your partner can enjoy a selection of massages and body treatments here, with meals also served for when you get hungry. Please note, all treatments are an additional charge.

4 hours rental US\$250
8 hours rental US\$400



COMO SHAMBHALA RETREAT CUISINE

To compliment the Retreat's holistic therapies, we provide a special COMO Shambhala Retreat Cuisine menu, available in all restaurants and in-room dining. The cuisine is organic, low in fat and energising – highly recommended for those seeking to rejuvenate fully during their stay at COMO Parrot Cay.

COMO SHAMBHALA RETREAT HEALING WEEKS

We invite various facilitators, internationally renowned yoga teachers and health consultants throughout the year to lead workshops and retreats. For more information, please visit our website at comoshambhala.com.