

*COMO Shambhala, a centre for peace and harmony embodies the holistic way of life.*

## MASSAGE THERAPY

### COMO SHAMBHALA MASSAGE

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

60 minutes US\$130  
90 minutes US\$190

### INDONESIAN MASSAGE

Using traditional Javanese essential oils, this massage incorporates rolling and long kneading strokes to renew the body.

60 minutes US\$130  
90 minutes US\$190

### THAI MASSAGE

By applying pressure along the meridians, this treatment unblocks trapped energy and improves vitality. Often referred to as passive yoga, it incorporates yoga-like stretches to stretch joints and balance major muscle groups of the body.

60 minutes US\$130  
90 minutes US\$190

### TAKSU MASSAGE

"Taksu" means the magical transference of energy between two people that connect. It is a strong and invigorating massage that increases blood circulation and is a fantastic antidote to deeply-held patterns of stress.

75 minutes US\$160  
90 minutes US\$190

### 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 fiber friction to increase blood and lymphatic flow.

75 minutes US\$160  
90 minutes US\$190

### HOT RIVER STONE MASSAGE

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

90 minutes US\$200

### PRE-NATAL MASSAGE

This specially designed pre-natal treatment, accommodating all stages of pregnancy after the first trimester, starts with a floral foot bath, followed by a full body massage and concludes with a relaxing facial massage. Pregnancy massage pillows are used to make sure total comfort is assured at all times.

75 minutes US\$160  
90 minutes US\$190

### INDIAN HEAD MASSAGE

An excellent treatment for reducing tension in the head, neck and shoulder areas that manifests as a result of stress. Wonderful for computer-users with tight upper-body muscles, it concentrates on working out knots and loosening the area, includes a gentle facial massage.

60 minutes US\$130

## REFLEXOLOGY

Reflexology is a technique of applying gentle pressure to the reflex points on the feet to bring about a state of deep relaxation to stimulate the body's own healing process.

60 minutes      US\$120

## BODY CARE

### COMO SHAMBHALA BATH

This cleansing treatment works to gently exfoliate and soften your skin. After dry brushing the body, specially prepared COMO Shambhala salt scrub infused with essential oils, macadamia oil and oat bran is applied to the body. After a rinse in an invigorating bath, this treatment concludes with a relaxing COMO Shambhala Massage.

120 minutes      US\$230

### 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\$230

## FACIAL CARE

### COMO SHAMBHALA PURIFY FACIALS

COMO Shambhala's PURIFY skincare products harness the power of botanicals. Our key ingredients are rich in antioxidants that can fight the ageing effects of free radicals. They include rose hip oil, peach kernel oil, aloe leaf and yeast extracts. Moisturising extracts include wild orchid that grows in Bhutan, and mannan, an ingredient used in Japanese cooking. This possesses a unique ability to retain water which keeps skin hydrated. By working with these nutrients, we have been able to create a treatment for men and women that complements our holistic approach to wellbeing.

### COMO SHAMBHALA PURIFY HOLISTIC FACIAL

Our signature facial is deep cleansing and nourishing. PURIFY-infused steam compresses help to cleanse and prepare the skin to be holistically balanced through manual lymphatic stimulation. A unique massage using a warm herbal bolus stimulates the skin and detoxifies at a deeper level through acupressure channels. The treatment promotes a clear mind and leaves skin feeling totally fresh and hydrated.

75 minutes      US\$130

### COMO SHAMBHALA RITUAL

The ritual begins with a soothing full body COMO Shambhala massage. Your relaxation is further enhanced with a therapeutic and herbal bolus back treatment. It warms and soothes sore and tight muscles whilst detoxifying and stimulating the vital lymph system. The experience continues with a COMO Shambhala PURIFY Holistic Facial to ensure you feel totally rebalanced and revitalised.

120 minutes      US\$230

### COMO SHAMBHALA PURIFY FOR MEN

This treatment incorporates an initial warming compress and back cleanse, followed by a relaxing and purifying back and scalp massage. The treatment concludes with an express facial, which rehydrates and balances skin that has been deeply cleansed using COMO Shambhala's PURIFY skincare products.

75 minutes      US\$150

### GUINOT HYDRADERMIE FACIAL

This is a specialized treatment uses mild electric currents to enhance the penetration of specifically chosen gels to suit your skin. This facial incorporates a fruit enzyme peel and delivers the ultimate deep cleansing, purification, oxygenation and maximum hydration to regain your skin's natural radiant complexion. Ideal for improving the appearance of fine lines, with special care given to the eye, neck and décolleté areas.

90 minutes      US\$190

COMO Shambhala Retreat, Cocoa Island Maldives

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### GUINOT AROMATIC FACIAL

Using pure Aromatherapy preparations, this cleansing treatment promotes deep relaxation and revitalization. This prescriptive treatment addresses various skin conditions.

60 minutes US\$130

### NAIL CARE

Experience our nail care system combining products filled with naturally hydrating essences and nature's most soothing and effective botanicals for soft, silky hands and feet.

Essential Manicure US\$70 Essential Pedicure US\$90

### BEAUTY THERAPY

#### WAXING

Half Leg	US\$40	Full Leg	US\$50
Bikini Wax	US\$30	Underarm	US\$20

### AYURVEDIC THERAPY

Ayurveda is an ancient system of healing which has been practiced in India for the past 5000 years.

In Sanskrit, the term "Ayu" means Span of Life and "Veda" means Knowledge. It is a holistic and completely natural approach to health and well being.

Herbs, spices and plants that are native to India have been blended to create medicinal oils, which have unique therapeutic properties. These healing oils are prescribed according to each individual's constitution or dominance of Dosha. Your Dosha, according to Ayurveda, is the life force or energy within you. The 3 Dosha are Vata, Pitta and Kapha. When these 3 properties are not in balance within your body, disease develops. The aim of Ayurveda is to promote the harmonious rhythm of these energetic principles in order that health and vitality is maintained and disease prevented.

In order to gain the full therapeutic benefit of Ayurvedic treatments, it is advisable to have a course of treatments over a three to seven day period. The Shambhala Manager or your therapist can assist you in planning a program, which will suit your needs. Please consult the Manager if you have any health considerations such as high blood pressure, allergies, any physical ailments or are pregnant before booking any treatments as in some cases it may be contra-indicated.

We would recommend that you shower and wash your hair before having Ayurvedic therapy as suntan lotions and hair products will affect the absorbency of the oil.

### ABHYANGA

A rhythmic oil massage with warm herbal oils and herbal powder (Ubtan) that is specific to your Dosha. Impurities and toxins are loosened, immunity is enhanced, circulation is stimulated and the body and mind experience deep relaxation.

75 minutes

1 treatment US\$150

3 treatments US\$350

5 treatments US\$510

### SHIRODHARA

This is a unique treatment of Ayurveda for relieving stress. After a gentle massage to relax the neck and shoulder areas, warm medicated oil is gently poured in a steady stream over the forehead. This profoundly calming treatment quiets both the mind and senses, improves mental clarity and comprehension.

60 minutes

1 treatment US\$150

3 treatments US\$350

5 treatments US\$510

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### PIZICHILI

Warm herbalised oil continuously flows over the entire body and is combined with a soothing massage. A rejuvenating therapy that counteracts stress and promotes positive health.

60 minutes

1 treatment	US\$160
3 treatments	US\$390
5 treatments	US\$580

### ABHYANGA AND SHIRODHARA

Traditional pouring of warm oil to the scalp and forehead follows the Abhyanga massage, with an additional focus on relieving the tension in the neck and shoulders.

90 minutes

1 treatment	US\$190
3 treatment	US\$480
5 treatment	US\$730

### ABHYANGA AND SWEDANA

A herbal steam treatment follows the Abhyanga Massage, which maximizes detoxification and relieves stiffness within the body.

90 minutes

1 treatment	US\$170
3 treatment	US\$420
5 treatment	US\$630

### SWEDANA

A herbal steam treatment that enhances circulation, releases impurities through the skin, while relieving tension and inducing relaxation

30 minutes US\$70

### AYURVEDIC SCALP AND FACE MASSAGE

This traditional treatment is ideal for harsh weather conditions as it deeply cleanses and refreshes the skin and revitalizes dry, brittle hair. The face and scalp are massaged with medicated oil followed by a herbal compress. The treatment concludes with an application of a cooling face pack.

60 minutes US\$130

## YOGA AND RELATED DISCIPLINES

### YOGA

A complimentary class is conducted at 5 pm to 6 pm daily at the Yoga Pavilion, except Mondays; please kindly check with COMO Shambhala Reception for the schedule.

Personal Instruction can be yours at any time. This is a 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 program for your needs.

### MEDITATION

Learn the healing powers of meditation with a private guided session

### PRANAYAMA

Discover your breath and learn how to breathe effectively.

60 minutes

1 person	US\$80	2 person	US\$140
3 person	US\$150	4 person above	US\$40 per person

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#### **ADMISSION**

All Cocoa Island guests, 16 years and older have complimentary use of the gym, hydrotherapy pool and steam room. Guests under 16 years need to be accompanied by adults.

#### **RESERVATIONS**

Reservations can be made at COMO Shambhala reception or by dialing extension 225 on your in-room telephone. If calling from outside Cocoa Island, you may dial +960 664 1818. We suggest that you schedule your appointments in advance to obtain your preferred time.

#### **HOURS OF SERVICE**

9am – 9pm

All in-room massages during opening hours incur an additional charge of US\$15. Should you wish to schedule a massage after opening hours, this can be arranged with advance notice and will incur an additional charge of US\$35.

#### **ARRIVAL**

We recommend that you arrive at least 20 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 possible contra-indications to any treatments.

#### **CANCELLATION POLICY**

Should you wish to cancel an appointment, please allow us 4 hours notice or a full cancellation fee will be charged. 'No Shows' will be charged at the full treatment price.

#### **VALUABLES**

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**

Gratuities may be given at your own discretion. If more convenient, they may also be room charged.

#### **CHARGES**

A 10% service charge and 3.5% GST will be added to all services.