



## **ADMISSION**

All COMO Cocoa Island guests aged 16 and older have complimentary use of the gym, hydrotherapy pool and steam room.

## **RESERVATIONS**

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

## **HOURS OF SERVICE**

Treatments: 9.00am to 9.00pm

Gym: 7:00am to 9.00pm

All in-room massages during opening hours incur an additional charge of US\$75. Should you wish to schedule a massage outside of our usual hours, please contact the COMO Shambhala team at least 24 hours in advance. An additional charge of US\$110 applies to 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 possible 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 also 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**

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 prevailing government taxes.



*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\$175

90 minutes US\$205

### 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\$175

90 minutes US\$205

### 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\$175

90 minutes US\$205

### 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\$160

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 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\$160

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\$175

90 minutes US\$205

### **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\$160

90 minutes US\$190

### **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\$140

### **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\$220

## **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\$280

### **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\$280



#### **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.

75 minutes US\$175 / with 30-minute massage US\$240

#### **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-minute massage US\$205

#### **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-minute massage US\$205

### **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 FIRING 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\$150



#### **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\$150

#### **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\$190

#### **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\$170

#### **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\$80

#### **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\$80

#### **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\$190



#### **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\$150

#### **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\$100

#### **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\$150

### **BEAUTY THERAPY**

#### **WAXING**

Full leg US\$80  
Half leg US\$45  
Bikini line US\$50  
Underarm US\$30

### **NAIL CARE**

#### **MANICURE AND PEDICURE**

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

Essential manicure US\$60

Essential pedicure US\$75

### **MIND - BODY DISCIPLINES**

#### **YOGA, MEDITATION AND PRANAYAMA**

Personal instruction can be booked at any time. You'll learn new techniques and get one-on-one tuition, helping you discover more about the benefits of these ancient. Our teachers work closely with you to design a programme suited to your needs.

A complimentary yoga class takes place each day at the yoga pavilion, except on Fridays. Please check at the COMO Shambhala reception for the schedule.



### **YOGA**

Develop a routine that you can incorporate into your daily lifestyle or learn new techniques to enhance your existing yoga practice.

60 minutes US\$110 (up to two people)  
Additional person US\$30 each

### **MEDITATION**

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

60 minutes US\$110 (up to two people)  
Additional person US\$30 each

### **PRANAYAMA**

Discover your breath and learn how to breathe effectively.

60 minutes US\$110 (up to two people)  
Additional person US\$30 each

### **HYDROTHERAPY**

The therapeutic use of water can be traced back over 6,000 years. Our nervous system reacts to the pressure exerted by moving water, while warm water soothes the body, calming the nerves, heart and lungs, and releases tension in the muscles. Hydrotherapy has been effectively used in the treatment of chronic pain, as well as to aid recovery from surgery and injury and free movement restrictions.

### **HYDROTHERAPY CIRCUIT INSTRUCTION**

Exercise in our heated Hydrotherapy pool in shallow water for aerobic conditioning, flexibility and strength. This session is conducted for groups of up to six people. Hydrotherapy exercises are recommended for cross training, for those who have difficulty exercising on land, or for rehabilitation from injury, joint problems and surgery.

45 minutes US\$110 (up to two people)  
Additional person US\$30 each