



COMO SHAMBHALA

INSPIRING COMMITMENT  
TO LIFELONG WELLNESS

**Admission**

All COMO Uma Ubud guests aged 16 and older have complimentary use of COMO Shambhala's wellness facilities including the fitness centre, locker rooms and steam rooms. For treatment requests for guests under the age of 16 years, please see our COMO Shambhala Wellness reception team for details and reservations.

**Reservations**

Reservations can be made at the COMO Shambhala Wellness reception or by dialling guest services on your in-room telephone. If calling from outside COMO Uma Ubud, you can dial +62 361 972 448. 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: 9.00am – 9.00pm

Fitness Centre: 24 hours

All in-room treatments during opening hours incur an additional charge of IDR 150,000. Should you wish to schedule a treatment outside of our usual hours, please contact the COMO Shambhala Wellness reception team in advance for arrangement. An additional charge of IDR 250,000 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 client form. 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 Uma Ubud 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 11 per cent government tax.

**Gift Certificates**

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

## MASSAGE THERAPY

COMO Shambhala offers carefully curated massage therapies. Our experts are trained in a variety of Asian techniques ranging from the relaxing to the invigorating.

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### **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 IDR 925,000

90 minutes IDR 1,100,000

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

75 minutes IDR 975,000

90 minutes IDR 1,150,000

### **Indonesian Massage**

This authentic Indonesian Massage uses our signature blended oil to help rejuvenate the body. Our experts incorporate both rolling and kneading strokes, providing a good therapeutic workout and inducing deep relaxation.

75 minutes IDR 925,000

90 minutes IDR 1,100,000

### **Manual Lymphatic Drainage**

Manual lymphatic drainage (MLD) 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.

60 minutes IDR 750,000

75 minutes IDR 925,000

### **Prenatal Massage**

Our Prenatal Massage is a specially designed treatment 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.

75 minutes IDR 925,000

90 minutes IDR 1,100,000

### **Taksu Massage**

The magical transference of energy between two people who connect is called 'taksu' in Balinese. This is a strong and invigorating treatment that increases blood circulation and helps to relieve tight muscles. As it can also soothe headaches, this treatment is a welcoming antidote for those affected by stress.

75 minutes IDR 925,000

90 minutes IDR 1,100,000

### **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.

60 minutes IDR 750,000

### **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 IDR 750,000

## 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.

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### **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 IDR 1,500,000

### **COMO Shambhala Skin Detoxifying Treatment**

Our COMO Shambhala Skin Detoxifying Treatment helps to detox and revive tired skin, and is designed to improve circulation and skin tone. Using our signature products to exfoliate and moisturise, this therapy stimulates lymph flow to restore a healthy glow. A polish using our salt and sugar scrub is followed by a refreshing shower and then completed with the application of our signature moisturising lotion. The invigorating treatment can be enhanced with the addition of COMO Shambhala Massage to further stimulate the body's natural detoxifying functions.

60 minutes IDR 750,000

90 minutes (with 30 minutes massage)  
IDR 1,200,000

120 minutes (with 60 minutes massage)  
IDR 1,500,000

### **Javanese Royal Lulur Bath**

This deeply luxurious treatment is a traditional beauty regime at the Royal Palaces of Central Java, where the treatment's techniques were first derived. It is perfect for tired skin, combining a soothing Indonesian Massage with an invigorating body scrub and an aromatic bath. The treatment concludes with the application of body lotion to soften and fully hydrate the skin.

120 minutes IDR 1,500,000

### **Traditional Balinese Body Wrap**

The COMO Shambhala Traditional Balinese Body Wrap revives tense muscles, while also aiding to relieve minor rheumatic conditions. Our expert therapists blend hand-crushed rice with warming spices to create a stimulating rub, which is then applied to the skin. The all-over deep heat experience relives aching bodies after exercise, using Taksu massaging techniques to improve circulation.

120 minutes IDR 1,500,000

## FACIAL CARE

COMO Shambhala offers facial care for every skin type, including non-surgical anti-ageing facials. Through targeted treatments tailored to your own skin care needs, we can help your skin feel firmer and smoother, restoring a youthful glow.

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### **SUNDĀRI FACIAL**

**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 IDR 915,000

#### **Sundāri Intensive Healing Facial**

The Sundāri Intensive Healing Facial is suitable for very sensitive skin and utilises the purifying benefits of Neem, known in India as the 'pharmacy tree'. Organic plant extracts are combined with soothing oil to heal, hydrate and firm – restoring balance to sensitive or irritated skin, helping it to regain its youthful glow.

60 minutes IDR 915,000

#### **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 IDR 1,350,000

#### **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 IDR 455,000

#### **Sundāri Firming Neck Treatment**

The Sundāri Firming Neck Treatment helps you reclaim a healthy appearance to the neck area. First, an active exfoliation with enzymes and bamboo extract reduces roughness, uneven pigment and loose skin. Then an energising mask and massage, utilising the rejuvenating effects of Gotu Kola, leaves skin firm, smooth and restored.

30 minutes IDR 455,000

### **GUINOT FACIAL**

Developed by Jean-Daniel Modin, a doctor of pharmaceuticals, Guinot is known for producing market-leading results in skincare and facial therapies. Transmitting energy to the skin, the treatments provide effective absorption of the skincare products for quick and noticeable results. Our Guinot-trained therapists can also prescribe skincare regimes tailored to your skin type.

#### **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 IDR 915,000

#### **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 IDR 1,420,000



## BEAUTY CARE

Our beauty care treatments are designed to refresh you, leaving you with a renewed sense of confidence.

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### **NAIL CARE**

**Nourishing treatments for hands and feet that use soothing massage and gentle scrubs to tide cuticles and nails.**

#### **Essential Manicure**

A lasting manicure in the colour of your choice.

45 minutes IDR 530,000

#### **Essential Pedicure**

A lasting pedicure in the colour of your choice.

60 minutes IDR 630,000

## MIND & BODY DISCIPLINE

COMO Shambhala offers a variety of classes and activities, including yoga, Pilates and Physical Activities sessions. In-house guests are welcome to join any of these classes. Our 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 COMO Shambhala Ojas Wellness Centre team to make your reservation.

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### **Yoga**

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

60 minutes IDR 650,000

60 minutes (couple) IDR 815,000

Additional (third onwards)  
IDR 200,000 per person

### **Family Yoga**

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

60 minutes (two adults + two children with age from five years old) IDR 850,000

### **Meditation**

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

60 minutes IDR 650,000

60 minutes (couple) IDR 815,000

Additional (third onwards)  
IDR 200,000 per person

### **Pranayama**

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

60 minutes IDR 650,000

60 minutes (couple) IDR 815,000

Additional (third onwards)  
IDR 200,000 per person

### **Pranayama and Meditation (Combination)**

Learn how to breathe effectively with Pranayama – the art of breath control – which enables optimum health by better supplying the body and its various organs with oxygen. Combine this with meditation, which comes easily in the silent environs of the Retreat, for a dual practice that has the power to both invigorate the body and relax the mind.

60 minutes IDR 650,000

60 minutes (couple) IDR 815,000

Additional (third onwards)  
IDR 200,000 per person

## MEN'S MENU

Promoting positive wellbeing is an integral part of COMO Shambhala's philosophy. With this goal front of mind, we have curated this treatment menu to support the needs of men. Treatments have been chosen to relieve tension, increase vitality and induce deep relaxation, encouraging a feeling of wellness from within.

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### MASSAGE THERAPY

#### COMO Shambhala Massage

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90 minutes IDR 1,100,000

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60 minutes IDR 750,000

## **BODY THERAPY**

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60 minutes IDR 750,000

90 minutes (with 30 minutes massage)  
IDR 1,200,000

120 minutes (with 60 minutes massage)  
IDR 1,500,000

## **FACIAL CARE**

### **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 IDR 1,120,000

## **NAIL CARE**

**Nourishing treatments for hands and feet that use soothing massage and gentle scrubs to tidy cuticles and nails.**

### **Manicure**

This 30-minute manicure provides a soothing treatment for busy hands. It begins with a warm hand soak in aromatic water, followed by a gentle exfoliation and a nail and cuticle tidy. Next, a calming massage will leave hands feeling soft and smooth.

30 minutes IDR 270,000

### **Pedicure**

This relaxing 30-minute pedicure comprises a warm foot soak, a gentle exfoliation and a massage using COMO Shambhala blended massage oil – a real treat for active feet. The treatment also includes a nail and cuticle tidy.

30 minutes IDR 345,000

## KIDS MENU

Positive wellbeing is important at any age. At COMO Shambhala, our goal is to support children and teenagers to live well, think positively and lead active, enriching lives.

All of our treatments and activities, from massage to yoga, have been curated to specifically benefit the younger body and mind. We aim to reduce stress hormone levels, promote rejuvenating sleep, encourage proper posture and create an environment where younger people can find fulfilment away from technology – helping them discover their joyfulness within.

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### **COMO Shambhala Massage for Children**

This nurturing massage, using our signature blended massage oil, is aimed at calming excited minds and rejuvenating tired bodies – perfect for children in need of a boost.

30 minutes Foot or Back Massage  
IDR 300,000

45 minutes Full-body Massage IDR 450,000

60 minutes Full-body Massage IDR 600,000

### **Cleansing Facial**

Specially designed for delicate skin, this treatment provides a light cleanse for young complexions.

30 minutes IDR 365,000

### **Children Manicure**

This manicure is a soothing treatment for busy hands, beginning with a warm hand soak in aromatic water, followed by a gentle exfoliation. Next, a calming massage will leave hands feeling soft and smooth. For the finishing touch, children can choose their favourite polish colour to add to their manicured fingernails.

30 minutes IDR 215,000

### **Children Pedicure**

This relaxing pedicure comprises a warm foot soak, a gentle exfoliation and a massage using COMO Shambhala New Skin Oil – a real treat for active feet.

Lastly, toenails are filed and painted in your child's favourite colour.

30 minutes IDR 275,000

### **Wellness Path For Young Ones**

Young ones can get a taste of COMO Shambhala relaxation with this nurturing wellness path, aimed at relaxing the mind and body. They can choose between a 30-minute back massage, foot massage or facial, before enjoying a mini manicure and pedicure. They can also opt to have their nails painted in their favourite colour.

60 minutes IDR 635,000

75 minutes IDR 735,000

# COMO SHAMBHALA PRIVATE SESSIONS FOR CHILDREN

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## Children's Yoga

30 minutes IDR 260,000

60 minutes IDR 560,000

## Family Yoga

60 minutes (two adults + two children with age from five years old) IDR 850,000

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Please note, treatments lasting 30 minutes are for children under the age of 10; treatments lasting 45 minutes and above are for children aged 10 and over.

### Terms and conditions

- To ensure that children do not have adverse reactions to any products used in the treatment, patch tests of products must be conducted three to four hours ahead of the treatment.
- Guests must be aged between five and 15 years old.
- Treatments will be performed in a designated part of COMO Shambhala Retreat.
- Undergarments or disposable underwear must be worn by the minor guest during all treatments.
- A Minor Guest Client Form must be signed by a parent or guardian prior to the treatment.
- A parent or guardian must be present at all times in the treatment room. If the parent or guardian leaves the room then the treatment will stop. However, the full treatment cost will still be charged.

## WELLNESS SPECIALISTS

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### **WAYAN BUDIARTA (BUDI)**

#### **Yoga Teacher**

Wayan Budiarta is a warm, engaging and intuitive yoga expert. He previously worked in the hospitality industry for 10 years, until he married a yoga teacher and fell in love with the practice himself.

With a background in Thai massage, yin yoga, vinyasa yoga and consciousness meditation, Budi teaches an approachable but challenging flow with an emphasis on conscious sequence. He enjoys helping others to develop body awareness and a balance between flexibility and strength. Most of all, he promotes a connection with one's honest self.

60 minutes IDR 650,000



COMO  
UMA UBUD