



## COMO SHAMBHALA E S T A T E

### Vital Statistics: COMO Shambhala Estate, Bali

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<b>Address:</b>	COMO Shambhala Estate Banjar Bengawan, Desa Melinggih Kelod, Payangan, Gianyar 80571, Bali, Indonesia
<b>Telephone:</b>	+62 361 978 888
<b>Email:</b>	CSestate@comohotels.com
<b>Website:</b>	Comohotels.com/comoshambhalaestate
<b>Opening Date:</b>	December 2005
<b>Owning Company:</b>	COMO Hotels and Resorts
<b>General Manager:</b>	Ram Hiralal
<b>Executive Chef:</b>	Dewa Wijaya
<b>Interior Designer:</b>	Koichiro Ikebuchi
<b>Architect:</b>	Cheong Yew Kuan
<b>Location:</b>	Ubud, Bali





## COMO SHAMBHALA E S T A T E

### Getting there:

These airlines service Bali's Denpasar airport, a 90-minute drive from COMO Shambhala Estate:

Cathay Pacific ([cathaypacific.com](http://cathaypacific.com))  
China Airlines ([china-airlines.com](http://china-airlines.com))  
Eva Air ([evaair.com](http://evaair.com))  
Garuda ([garuda-indonesia.com](http://garuda-indonesia.com))  
Jetstar Airways ([jetstar.com](http://jetstar.com))  
Malaysia Airlines ([malaysiaairlines.com](http://malaysiaairlines.com))  
Qantas ([qantas.com](http://qantas.com))  
Qatar Airways ([qatarairways.com](http://qatarairways.com))  
Singapore Airlines ([singaporeair.com](http://singaporeair.com))  
Thai Airways International ([thaiair.com](http://thaiair.com))  
Virgin Australia ([virginaustralia.com](http://virginaustralia.com))

### Accommodations:

30 rooms, suites and villas, including:

#### **5 Residences, each with four or five suites and a large swimming pool:**

- Bayugita ('Windsong')
- Tirta-Ening ('Clear Water')
- Tejasuara ('Sound of Fire')
- Wanakasa ('Forest in the Mist')
- Umabona ('House of the Earth son')

#### **5 Retreat Pool Villas, one-bedroom units with a lounge area, private pool and steam room, and three two-bedroom units with a living room, dining room and private pool :**

- Vasudhara ('Mother Earth') – one bedroom
- Taramala ('Garland of Stars') — one bedroom
- Saundarya ('Beauty') — two bedrooms
- Shantivana ('Peaceful Forest') — two bedrooms
- Kusumalaya ('House of Flowers') — two bedrooms

#### **4 Private Villas — two- and three-bedrooms with assorted living space and private pools:**

- Pita Linggar ('Golden Space') — three bedrooms
- Giri Antara ('Distant Mountain') — three bedrooms
- Sukma Taru ('Spirit Tree') — two bedrooms
- Gesing Kanila ('Bamboo Whispering') — two bedrooms



COMO SHAMBHALA  
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**Room Facilities:**

King- and queen-size beds  
Individually controlled air conditioning  
Direct dial telephone  
Wi-Fi  
Satellite TV  
CD and DVD player  
Electronic personal safe  
Private bar  
Yoga mat  
COMO Shambhala bathroom amenities  
Hairdryer  
Coffee, tea and bottled mineral water

**Guest Services:**

Personal assistant  
Travel and tour assistance  
Car services  
Multilingual hotel staff  
Fitness centre  
Airport transfers  
In-room dining  
Laundry and dry cleaning service  
Resident doctor (on-call after hours)  
COMO The Shop  
Babysitting services  
Guided walks and excursions  
Concierge and secretarial services  
Foreign exchange

**Restaurants:**

Kudus House serves breakfast and dinner, showcasing the diverse influences, flavours and spices of Indonesia's regions served in a 150-year-old former Javanese residence.

glow has healthful menus for lunch and dinner, including energising COMO Shambhala Cuisine.

**Dining Options:**

In-room dining is available 24 hours and includes COMO Shambhala Cuisine in the menu selection.



## COMO SHAMBHALA E S T A T E

### **Wellness facilities:**

Ojas ('Essence of Life'), the main treatment area:

- Nine treatment rooms (including three for couples)
- Mineralised vitality pool and outdoor hydrotherapy area equipped with a 'scotch' spiral jet
- Separate male/ female steam rooms
- 25m lap pool
- Yoga pavilion and yoga bale
- Steam room and sauna
- Relaxation area for before and after treatment

Kedara ('The Water Gardens') features the following:

- Four treatment pavilions
- Pilates studio

Shikara ('Peak of the Mountain'), the Estate's base for consultants and the COMO Shambhala Activities Centre, features the following:

- Four consultation rooms
- COMO The Shop

A well-equipped gym is located adjacent to Kudus House. There is also a jungle gym and a climbing wall located close to Bayugita Residence.

All health facilities draw water from a spring locally revered for its healing properties.

### **Treatments:**

More than 20 Asian-inspired and Western holistic treatments developed by COMO Shambhala. These include:

- Ayurveda
- Acupuncture
- Hydrotherapy
- Nutrition
- Reflexology
- Yoga, Pilates



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**Outdoor Activities:**

- Aqua circuit training (vitality pool)
- 'Canang sari' classes
- Juice-making demonstrations
- Custom-designed cultural tours
- Guided hiking
- Jungle gym circuit training
- Martial arts
- Mountain biking
- Museum, temple and gallery visits
- Outdoor cross-training
- Outdoor rock climbing
- Swimming
- Tennis
- White water rafting
- Yoga and Pilates retreats led by world-renowned teachers

**Direct Reservations:**

T. +62 361 978 888

E. [res.csestate@comohotels.com](mailto:res.csestate@comohotels.com)

W. [comohotels.com/comoshambhalaestate](http://comohotels.com/comoshambhalaestate)

**GDS Access Codes:**

Private label chain code **CV**

Sabre **64562**

Apollo/Galileo **8734**

Amadeus **DPSBEG**

Worldspan **4693**



### **Wellness Programmes**

Our Wellness Programmes are designed for stays of varying lengths with therapies focused on different purposes. We have designed them to deliver comprehensive combinations of meals, treatments and activities in a way that also allows two people sharing accommodation to opt for different programmes. Longer programmes can be tailored to each individual's requirements.

### **Ayurvedic Programme**

Ayurveda is one of the world's oldest holistic healing systems, based on the concept that individual wellness rests on a delicate balance between three elements, or 'Tridoshas'. Our Ayurvedic doctor will customise a program based on a thorough initial consultation, which can include panchakarma, body treatments, a special COMO Shambhala Cuisine diet, private yoga and meditation.

#### Programme Inclusions:

- Consultation with a Ayurvedic doctor — one every seven nights
- Prescribed diet from our COMO Shambhala Cuisine menu
- Participation in The Estate's daily schedule of activities
- One 60-minute Ayurveda treatment per day
- 60-minute private therapeutic Yoga session(s) – One every three nights
- Accommodation include daily breakfast, lunch and dinner

### **Cleanse Programme**

'Cleanse' is the programme for those seeking wellness from the inside out. Embarking on a cleanse in close collaboration with COMO Shambhala's wellness experts can increase energy levels, balance hormones, improve digestion and help break cravings. Your programme might include a tailor-made menu of healthful and inspiring COMO Shambhala whole-food cuisine, or a prescriptive blend of juices, teas, broths and tonics. These will be combined with stimulating but supportive activities, classes and treatments, ranging from yoga and nature treks to acupuncture or colonic hydrotherapy. You will finish the programme with a sense of renewal and with increased vitality, as well as the inspiration to continue a healthier lifestyle at home.

#### Programme Inclusions:

- Consultation with a COMO Shambhala wellness expert — one every seven nights
- Prescribed diet from our COMO Shambhala Cuisine menu
- Participation in The Estate's daily schedule of activities
- One 60-minute cleansing treatment OR one 60-minute massage per day
- Personal activity schedules for the duration of your stay
- Accommodation include daily breakfast, lunch and dinner



### Be Active Programme

'Be Active' is the go-to wellness programme if you want to kick-start, maintain or challenge an established fitness routine, lose weight, or rehabilitate an injury. Our wellness experts will create a uniquely-tailored activity schedule with various fitness sessions, active challenges and massage, to help you work towards your wellness goals. You will join group classes such as HIIT, Foam Roller Fitness and Circuit Training whilst additional private classes might include personal training sessions, Pilates or yoga. Special guided challenges will keep fitness fun, with volcano hikes, bike rides in Bali's northern hills and rice-paddy treks. Your meals will be prescribed from our healthful COMO Shambhala Cuisine, ensuring optimum energy levels. You'll leave the Estate feeling fitter, stronger, more energised and inspired to continue your activity routine at home.

#### Programme Inclusions:

- Two consultations with a wellness expert
- Individual treatment plan, prescribed diet and activities schedule
- One 60-minute massage OR one personal training session OR one guided challenge daily
- Participation in The Estate's daily schedule of activities
- Accommodation includes daily breakfast, lunch and dinner

### Bespoke Programme

The 'Bespoke' option is for those who are looking for a wellness programme designed according to their individual needs, from stress management or rejuvenation to moving through a life transition. Guests can build their own experience with the benefit of consultation with our wellness experts, who will recommend personalised diet, therapy and activity plans. Classes will range from informative, expert-led lectures to meditation and rice-field walks, with massage, body care treatments and healthful COMO Shambhala Cuisine supporting your progress. You will leave The Estate relaxed and inspired, with takeaway tools and actionable advice to continue your wellness journey at home.

#### Programme Inclusions:

- Consultation with a COMO Shambhala wellness expert — one every seven nights
- Individual treatment plan, prescribed diet and activities schedule for the duration of stay
- One wellness treatment per day
- Participation in The Estate's daily schedule of activities
- Accommodation with daily breakfast, lunch and dinner



## **Resort Synopsis: COMO Shambhala Estate, Bali**

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In December 2005, the COMO Group opened its first residential health retreat, COMO Shambhala Estate in Bali, Indonesia. The Estate is the flagship for COMO Shambhala, the award-winning holistic health company owned by Christina Ong, which operates world-class COMO Shambhala Retreats at its resorts, including COMO Parrot Cay in the Turks and Caicos, COMO Uma Paro and COMO Uma Punakha in Bhutan, COMO Uma Ubud in Bali, COMO Point Yamu in Phuket and COMO Cocoa Island and COMO Maalifushi in the Maldives. COMO Shambhala Urban Escapes can be found at COMO Metropolitan London, COMO Metropolitan Miami and COMO Metropolitan Bangkok, COMO The Treasury in Perth, and as a stand-alone Urban Escape in Singapore.

### History

The Estate is an extraordinary 23-acre (9.3 hectare) location on a jungle-covered riverbank a 20-minute drive from the inland town of Ubud. In 2004, the COMO Group assumed management and majority ownership, and have since changed the property to launch it anew – with a completely altered purpose – supported by substantial health facilities and extended accommodation, allowing the Estate to become the world’s first full-service residential health retreat and holiday resort in one.

### Location

Ubud, a small but lively town regarded as the island’s cultural hub, derives its name from ‘Ubad,’ meaning medicine in Balinese. This is because of the profusion of unique medicinal plants that grow wild in the dense green forests. In addition, the Estate utilises water from a natural spring locally revered for its healing properties.

### Facilities

The Estate’s architecture has been overseen by Cheong Yew Kuan. Materials are in keeping with the established aesthetic of the five four- and five-suite Residences, which made up the original Begawan Giri Estate, combining local stone, wood and traditional alang-alang roofing. Interiors of the COMO Shambhala health facilities and accommodations – including four two- and three-bedroom Private Villas, three two-bedroom Retreat Pool Villas, and two one- bedroom Retreat Pool Villas (each with a lounge area and private pool) – are by Koichiro Ikebuchi. Ikebuchi’s uncomplicated, succinct approach to design allows guests to engage with COMO Shambhala’s greater purpose, which is to clear the mind of all but thoughts of better physical, mental and spiritual health. Facilities, which include Ojas (the principal treatment area), Shikara (where consultants and the COMO Shambhala Activity Centre are located), and Kedara (the water gardens positioned near the Ayung River, with four additional treatment pavilions with rest areas, baths and showers) draw water from The Source, the Estate’s natural spring. In total, there are 13 treatment areas (including seven for couples), an outdoor hydrotherapy pool, swimming pool, yoga room, Pilates studio, a separate male/female steam room and sauna, a fully-equipped indoor gym with dramatic views, an outdoor jungle gym with a climbing wall and four consultation rooms.





Accommodation at the Estate is among the most spacious of its kind, built into jungle clearings and above the Ayung River.

There are five uniquely themed residences, each with four or five suites, airy living areas, and a large swimming pool, designed by Cheong Yew Kuan, an architect with conspicuous respect for the environment and indigenous styles of building. The aesthetic combines Asian and European influences, high-spec fixtures, handmade furniture, Indonesian artefacts and architectural details that exude the spirit of the region. Each residence is uniquely private, and no two are alike.

**Bayugita (Sanskrit for 'Windsong')** is an architectural exercise in simplicity, combining the simple lines of Balinese tradition with details from colonial Java (Victorian antique baths, Venetian and Dutch colonial beds). Cooling breezes move through the interior, comprising a 96sq m COMO Shambhala Suite with private Jacuzzi, two Terrace Suites, one Garden Room and a study, which can be converted into an additional bedroom or used for wellness treatments. If the residence is booked in its entirety, guests share the living/dining area adjoining the COMO Shambhala Suite. There is a dramatic infinity pool stretching towards rice fields.

**Tirta-Ening (Sanskrit for 'Clear Water')** is dominated by a 91sq m COMO Shambhala Suite with an exquisite Japanese water garden featuring a private waterfall. The entire residence has a zen feel. The sound of water can be heard throughout. The dining and living rooms cover some 113sq m, and can be shared with guests booked into Tirta-Ening's Suite or two Terrace Suites. The pool is stunning, with a central floating pavilion constructed from batu kuning (yellow rock) and teak with an ironwood shingled roof, reminiscent of old Javanese homes. Other highlights of Tirta-Ening include hand-carved doors, stone carvings and Chinese antiques.

**Tejasuara (Sanskrit for 'Sound of Fire')** is a bold residence inspired by Sumba, constructed using 1,200 tonnes of stone imported from this island. Detailing includes tribal cloth furnishings, black bamboo beds and a thatched roof. A fire pit burns beside the infinity pool, which overlooks fields of lemongrass, a spice also endemic to Sumba. This residence incorporates three substantial Terrace Suites, each measuring 83sq m, as well as the COMO Shambhala Suite, a 70sq m suite with a private Jacuzzi, outdoor shower, meditation garden, courtyard and pavilion. There is also a large communal living and dining room, as well as a study/ extra bedroom.

**Wanakasa (Sanskrit for 'Forest in the Mist')** comprises a COMO Shambhala Suite with a private Jacuzzi, two Terrace Suites, two Garden Rooms and a study/ extra bedroom. It is set among the trees, the pool's semi-circular edge echoing the bend of the Ayung River that lies 100m below. The main living pavilion is supported by large columns fashioned from the wide trunks of Bingkirai trees. Together with teak floors and the ironwood shingle roofs, the space embodies that of a luxury treehouse. Interiors have a contemporary edge, fashioned from light-speckled tiger bamboo and 150-year-old teak.



**Umabona (Sanskrit for 'House of the Earth Son')** boasts The Estate's grandest accommodation – the COMO Suite, comprising two master suites, a Jacuzzi, private infinity pool, living room and dining room (308sq m). Additionally, there are two Terrace Suites, a Garden Room and study, all sharing a pool, living and dining room with a wood-fired pizza oven. The aesthetic is inspired by the Majapahit palaces and their formal pleasure gardens. Interiors include hand-carved reliefs, fine antiques and courtly furniture. Views are exceptional, looking towards the Ubud jungle.

**One-bedroom Retreat Pool Villas**, by both Cheong Yew Kuan and Koichiro Ikebuchi, are called Taramala (Garland of Stars) and Vasudhara (Mother Earth). Each has one king-size bedroom, a lounge room, dressing room, steam/shower, bathroom (with double vanity unit), outdoor deck and private 11m pool with a Jacuzzi jet.

**Two-bedroom Retreat Pool Villas** are called Saundarya (Beauty), Shantivana (Peaceful Forest) and Kusumalaya (House of Flowers). Each villa has one master bedroom, a dressing room, a bathroom with a double vanity unit and steam shower, outdoor shower, extensive outdoor deck, living / dining room and a private 12m pool with Jacuzzi jets. Each villa also has a king-size guest bedroom — this can be converted into a twin bedroom at Saundarya — with its own outdoor terrace, shower room, double vanity unit and dressing room.

There are also four two- and three-bedroom standalone Private Villas, designed by architect Cheong Yew Kuan in conjunction with interior designer Koichiro Ikebuchi, featuring assorted living spaces and private pools.

**Pita Linggar (Sanskrit for 'Golden Space')** comprises two master bedrooms (with indoor and outdoor bathrooms) and one guest bedroom (on the pool level). This two-storey villa is characterised by an expanse of space, with a large living, dining and kitchen area, in addition to a garden deck, Jacuzzi and a 10m infinity swimming pool.

**Giri Antara (Sanskrit for 'Distant Mountain')** includes two master bedrooms and one guest bedroom. It is well-positioned with peerless views.

**Sukma Taru (Sanskrit for 'Spirit Tree')** comprises one master bedroom and one guest bedroom, with spectacular views of the Ayung River gorge. It is open and spacious, with plenty of deck space and an outdoor bale. It is the most compact of the three two-bedroom villas, covering 184sq m with a 9m infinity swimming pool.

**Gesing Kanila (Sanskrit for 'Bamboo Whispering')** is quiet and secluded, surrounded by bamboo. There is one master bedroom and a substantial upstairs balcony, as well as a living, dining and kitchen area (42sq m). The garden has a 7m infinity pool and Jacuzzi.



### **Holistic Purpose**

The Estate represents the apogee of the COMO Shambhala philosophy in its approach to health – to help individuals find a sense of peace through the continuous process of learning and rebalancing, aided by special environments, specific knowledge and healing therapies. Unlike the conventional destination spa that usually focuses on pampering, COMO Shambhala provides a total, 360-degree experience closely tailored to each individual's needs, offering comprehensive lifestyle as well as healing programmes to mend mind, body and spirit.

This proactive approach, and commitment to the process of life-long learning, allows guests to make changes to their lives, supported and inspired by specialist staff. A nurturing environment is therefore key, for it is only when someone feels safe that they will take the necessary steps to face personal issues and future challenges. Guests are made to feel comfortable coming to the Estate alone, engaging at their own pace and on their own terms, or experiencing the powerful camaraderie created by shared goals. This sense of community is encouraged, with attractive single rates, activities that bring guests together, and a dining experience that allows strangers to become friends.

Knowledge and empowerment are provided by the Estate's highly experienced team of specialist staff. Their role is to guide each guest out of familiar comfort zones towards higher goals, unrealised depths, new strengths and a greater sense of equilibrium. In addition to changing mindsets, teaching skills and setting new perspectives, COMO Shambhala's experts also provide healing treatments and bodywork.

This philosophy emanates from the top – from the Estate's advisory panel, or Board of Directors, which is made up of a number of world-class experts in holistic health, invited by the owner to help direct the philosophy of COMO Shambhala. The Board of Directors ensures the integrity of COMO Shambhala's offerings and its continual evolution.

Consultants are vitally important to identify the issues and aspirations of each client. The Estate has a resident Ayurvedic Doctor, Dr Prasanth V.S. BNYS. Other consultants include an Oriental Medicine Consultant, Qigong Instructor, Pilates Instructor and Personal Fitness Instructor.

COMO Shambhala also works closely with a selection of visiting masters, invited by the property to lead retreat weeks throughout the year. These teachers, of whom there are many, may include yoga and Pilates instructors, life coaches and energy healers. Others host specialist learning seminars, with subjects ranging from Tibetan Buddhism to meditation.

Usually a retreat involves five hours of practice daily (split between morning and evening), in addition to discussions that provide a greater depth of knowledge on the retreat's specific subject.



The Estate has a number of Resident Teachers – a fitness instructor, yoga instructor and Pilates instructor, as well as teachers in Qigong and other martial arts. The property also provides specialist activity guides for mountain biking, hiking, climbing, white water rafting and outdoor circuit training. Using the surrounding landscape, mountains, volcanoes, rivers and valleys for outdoor training is an essential facet of the Estate. Swimming pools and tennis courts are available on site. Activity guides are available for cultural excursions and workshops, which might include one-off sessions in Balinese dance, photography or writing.

Our therapists at COMO Shambhala Estate deliver different types of hands-on healing, recommended according to each client's end goal, whether it be solving a lymphatic issue, something muscular, or relieving deep-set stress and emotional difficulties. Traditional Eastern techniques include Thai, Indonesian, and Ayurvedic massage (Abhyanga, Pizhychil and Shirodhara all feature). Other areas of expertise include hot stone and deep tissue massage. Balinese-inspired therapies include a warm muscle wrap. Using traditional, local medicine in a warming hand-crushed rice and spice mix, this treatment is considered effective in breaking down cellulite.

Body-care specialists are available for various hydrotherapies and aestheticians for skin and non-invasive anti-ageing treatments, including aromatherapy facials.

All staff work together to devise the optimum personal programme for each guest. After an initial consultation, dynamic packages are created according to personal requirements, whether it is to get fit, detoxification, stress management, or weight loss after pregnancy. Specific treatments are recommended, which are experienced in conjunction with the fixed daily activities schedule. This usually includes morning yoga, meditation and the Estate walk.

Other physical activities available include bespoke hikes among the villages, temples, rice paddies and jungle gorges surrounding the Estate. For mountain biking, guests can choose from gentle cruises along easy backroads to an exhilarating adventure down muddy tracks and rough village byways. Various trails have been mapped by the Estate. Trips include an ascent to Kintamani, high on the crater rim of Mount Batur (1,717m), then a well-earned downhill run through a chain of traditional villages.

To complete the holistic approach, COMO Shambhala places a core emphasis on cuisine, with COMO Shambhala's nutritionist liaising between the guest and kitchens to ensure all personal specifics are taken care of. COMO Shambhala does not stipulate calorie-counting diets, but fosters a more balanced approach, encouraging guests to enjoy their food and its creation while maintaining a life-long interest in the benefit of good nutrition. This is in line with the values of COMO Shambhala Cuisine, meticulously developed by COMO Hotels and Resorts Group Executive Chef, which are reflected in personal eating plans drawn up by the Estate's dietician.



## COMO SHAMBHALA E S T A T E

The cuisine is organic, sourced locally, and delivered from field to table with minimum delay. Meat, fish and vegetables are featured, allowing all guests to eat healthily whatever their preferences. Flavour is given maximum consideration, with influences ranging from south Indian to Italian. Balinese cooking also appears on the menus. COMO Shambhala Cuisine accommodates food intolerances, with soy milk instead of cow's milk, and yeast-free breads. Menus feature little salt, and raw, unprocessed honey replaces sugar. Raw fruit and vegetables are also critically important to the Estate's menus – they are richer in living enzymes – and there is an extensive juice and vegetable extract menu, which is favoured by those on detoxification programmes.

Guests can dine at either Kudus House or glow. Kudus House serves breakfast and dinner in a 150-year-old former Javanese residence, showcasing the diverse influences, flavours and spices of Indonesia's different regions. glow is a contemporary all-day dining restaurant designed by Ikebuchi, that can seat up to 40 people. Guests also have the option of enjoying a picnic lunch at Kedara with the option of an Indonesian or a healthy glow set menu.



## About The COMO Group and COMO Hotels and Resorts

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Headquartered in Singapore, The COMO Group represents Christina Ong's unique vision of contemporary living. The COMO Group encompasses the hospitality collection known as COMO Hotels and Resorts, the international luxury fashion retailer Club 21, the award-winning wellness concept COMO Shambhala and the philanthropic COMO Foundation.

COMO Hotels and Resorts offers personalised luxury travel experiences through individualised service, commitment to holistic wellness and award-winning cuisine. Each hotel is developed in response to the destination it inhabits, including COMO The Halkin in London, COMO The Treasury in Perth, Australia, COMO Castello Del Nero, Tuscany and three COMO Metropolitan hotels in London, Bangkok and Miami Beach. COMO's resort portfolio encompasses COMO Parrot Cay in the Turks and Caicos, COMO Cocoa Island and COMO Maalifushi in the Maldives, COMO Point Yamu in Phuket, Thailand, and four COMO Uma experience resorts in Bali and Bhutan, including the newest resort, opened in 2018, COMO Uma Canggu.

COMO also manages COMO Shambhala Estate in Bali, in partnership with COMO's sister brand in wellness. This flagship wellness retreat offers an integrative and immersive restorative experience that enables real and lasting improvements to one's health. COMO Shambhala products, services, cuisine, treatments and spa facilities are available within every COMO hotel and resort.

Younger guests are also encouraged to enjoy COMO's renowned service, design, cuisine and approach to wellness, through Play by COMO. This approach is our way of delivering personalised family experiences. Play by COMO is available at COMO Maalifushi, COMO Parrot Cay, COMO Point Yamu and COMO Uma Canggu, with dedicated Play spaces available.

**City Hotels:** COMO Hotels and Resorts' urban properties include COMO The Halkin in London's Belgravia, the COMO Metropolitan hotels in London, Bangkok and Miami Beach, and a city hotel in Perth, Australia, called COMO The Treasury. All five hotels feature award winning chefs, a contemporary aesthetic and exceptional service.



## COMO SHAMBHALA E S T A T E

**Resorts:** COMO's private resorts offer a range of water-based excursions, including fly fishing, paddleboarding, kayaking, snorkelling and some of the world's best diving and surfing. To this we add island adventures and cultural trips, such as bike rides and temple visits. COMO Point Yamu on the island of Phuket in Thailand combines contemporary style with dramatic views overlooking the Andaman Sea and the limestone stacks of Phang Nga Bay. The understated style and laid-back nature of COMO Parrot Cay in the Turks and Caicos, COMO Cocoa Island and COMO Maalifushi in the Maldives are underlaid by the exacting service that has become a COMO hallmark. World-class cuisine and holistic wellness treatments at our COMO Shambhala Retreats complete COMO's approach to a perfect beach holiday. The COMO Uma properties in Bhutan and Bali introduce the rich cultural heritage and local traditions that are unique to these dramatic destinations. Specialist guiding, treks and tours, physical activities and tailor-made programmes ensure memorable insights into some of the world's most pristine locations. The COMO Uma properties include COMO Uma Ubud in Bali's cultural heartland, COMO Uma Canggu on the island's south coast — complete with a new COMO Beach Club — and in Bhutan, tucked into two distinct Himalayan valleys, COMO Uma Paro and COMO Uma Punakha. All the Uma lodges incorporate local design and cuisine while providing an unmistakably COMO experience. Our latest addition to the COMO Group is COMO Castello Del Nero – a historic 740-acre estate dating back to a twelfth-century Tuscan castle. The estate has its own vineyard, bee hives and olive groves, which supply the hotel's restaurants, including Michelin-starred La Torre. COMO also provides powerful wellness experiences to guests at the hotel's COMO Shambhala Retreat.

**Wellness Destination:** COMO Shambhala Estate in Bali is a sanctuary for holistic wellness. Expert staff are goal-oriented, relevant and realistic in their consultative approach. Each guest's individual needs and ambitions determine the programme of nutrition, exercise, therapies and activities, while facilities and tropical villa-style accommodation are impeccably appointed. All of this is set in a clearing, rich with flora and fauna, above Bali's beautiful Ayung River.

Follow our adventures on [Instagram](#) @comohotels or chat to us on our [Facebook](#) page.



## About COMO Shambhala

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COMO Shambhala is an award-winning wellness concept developed as a sister brand to COMO Hotels and Resorts. The company is headquartered in Singapore under The COMO Group. Running as a thread through COMO properties worldwide, COMO Shambhala promotes a healthy way of living, learning and eating well. The pursuit of balance is central to the approach, the word Shambhala translating as 'peace' in Sanskrit.

The COMO Shambhala resort experience combines Asian-based therapies, nutrition, exercise and yoga with a results-driven agenda managed by experts in holistic health. Weight loss, anti-ageing and stress management can all be addressed while staying in a spectacular part of the world. Facilities are state-of-the-art and usually include yoga rooms, Pilates equipment, hydrotherapy and Ayurveda. The flagship retreat is COMO Shambhala Estate in Bali, an award-winning wellness resort in Bali.

The COMO Shambhala city wellness experience is attached to COMO's Metropolitan properties in Bangkok, Miami and London, as well as a standalone wellness centre including resident experts in Singapore.

COMO Shambhala Cuisine has been developed for those seeking better health through nutritional, low-calorie eating. Largely organic and often locally sourced, the cuisine replaces refined foods with naturally occurring sugars, and unhealthy fats with nutritious nuts and oils.

COMO Shambhala also produces a range of skin and bodycare products, COMO Shambhala At Home, made from all-natural ingredients. COMO Shambhala Active Living is the company's resort and activewear line, launched in 2007.





## Key Biographies: COMO Shambhala Estate, Bali

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### **Ram Hiralal, General Manager:**

Ram is no stranger to COMO, as she assisted with the pre-opening of COMO Parrot Cay in 1998. Her background has always been in the hospitality industry — she has worked at Four Seasons Landaa Giraavaru and Four Seasons Kuda Huraa in the Maldives, as well as Four Seasons Sayan, Bali. She joins COMO Shambhala Estate from Four Seasons Koh Samui, where she worked as Resort Manager.

### **Dewa Wijaya, Executive Chef:**

Dewa, born in Indonesia, previously worked at our COMO Uma Bhutan property, as well as COMO Parrot Cay in the Turks and Caicos Islands. Always respectful of local nuances even when creating innovative dishes, Dewa has worked hard to revive traditional Indonesian offerings while providing creative contemporary interpretations of the cuisines of nearby countries, especially India.

### **Dr. Prasanth V.S. BNYS, Ayurvedic Doctor:**

Ayurvedic medical science's unique approach is specific to an individual's constitution and treats through medicinal lifestyle, nutrition, body therapies, yoga and herbal medicines. Dr. Prasanth uses his Integrative Medicine concept based mostly on Ayurvedic science combined with naturopathy, yoga and conventional science to create comprehensive wellness programmes for detox, rejuvenation and relaxation. Dr. Prasanth also conducts Marma therapy for guests. Marma therapy is a specialised branch of Ayurveda whose focus is the manipulation of subtle energy (prana) in the body to support the healing process.

### **Nicole Silver, Pilates Expert:**

Nicole began her career as a dancer and holds a Bachelor of Fine Arts in Dance from The Boston Conservatory. Her classes are informed by her extensive knowledge of movement developed through years of dance, improvisation, anatomy, yoga, and fitness training. Her practice of Pilates complimented this career, allowing her to dramatically improve her strength and control. She went on to complete further professional training at Erika Bloom Pilates in New York and also acquired her NASM personal training certification. Nicole has developed a sharp eye for detail and can quickly identify underused muscles and how to activate them. She has experience working with athletes, pre- and postnatal women, seniors and people with back or joint injuries. Classes are personalised to the individual, where she can impart valuable advice that has a profound and lasting impact on her client's lives.



**Monica Troiani, Yoga Expert:**

Monica has over 500 hours of yoga teacher training, accrued over nineteen years, having studied under Giovanni Formisano in Milan, David Swenson in London and with Daniel Rama and Kalpana in Bali. Monica's classes draw upon her expertise in various disciplines, including Hatha, Ashtanga and Vinyasa yoga. Having first turned to Pilates and yoga after sustaining an injury, Monica is aware of the physical benefits of yoga, which she hopes to share in her classes. For Monica, yoga is a means of understanding both your body and your mind better, as much as it is a tool for improving balance and strength. She offers personalised instruction to each participant to bring about the best results.

**Pak Dewa Nyoman Sulendra, Chakra Healing:**

Traditional healers hold an important place in Balinese life, treating illness through their universal connection, and delivering insights into situations to provide the opportunity for self-healing. Pak Dewa is a Balinese healer who specialises in kundalini energy and chakra healing. During each session, he energetically scans the body to locate problem areas, and acting as the medium, focuses universal energy to heal and balance chakras.

**Cheong Yew Kuan, Architect:**

Yew Kuan divides his time between Bali and Singapore. His past projects for COMO Hotels and Resorts include COMO Parrot Cay in the Turks and Caicos, COMO Uma Ubud in Bali, and COMO Cocoa Island in the Maldives. He has also worked on a number of high profile private houses. Formerly with Kerry Hill Architects in Singapore, his style is defined by a keen awareness of indigenous traditions, creating satisfying, sensitive volumes for modern living. His work has been universally acknowledged as the best of its kind – tropical architecture that is both luxurious and sensitive to the environment that it occupies.

**Koichiro Ikebuchi, Interior Architect:**

Japanese interior architect Koichiro Ikebuchi is defined by his sensitive approach to nature and respect for cultural authenticity. All that he creates is entirely appropriate to its physical context. This is achieved by an uncomplicated, succinct approach to design, which gives a strong flavour in the fewest strokes possible. It is for these reasons that his extensive restaurant work, including Aoki in Singapore, has set new benchmarks in interior design. COMO Uma Ubud was his first resort project. At the Estate, he has been responsible for the Garden and Retreat Villas, in addition to the lobby and wellness facilities.

**Trevor Hillier, Landscape Architect:**

Currently working from Bali, Hillier is a South East Asian tropical landscape specialist, with a strong conservationist leaning. His work shows a keen sensitivity to architecture and context, his designs incorporating agriculture into the landscape wherever possible. In the resort sector, he has been responsible for extensions of both Four Seasons Hotels in Bali, as well as the landscaping of COMO Parrot Cay in the Turks and Caicos. For COMO Hotels and Resorts, he has worked on COMO Uma Ubud in Bali and COMO Uma Paro in Bhutan.



## **Destination Overview: COMO Shambhala Estate, Bali**

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Bali is the jewel of Indonesia – a paradise filled with smiling faces, white-sand beaches and unspoilt, rolling countryside carpeted in velvet green rice paddies. It is all of this, but more as well, its manifold layers created by a long-standing, sophisticated culture informed by a deep sense of religion and respect for tradition.

Bali is also a place with a long history of healing. This includes sacred waters, revered for their curative properties, and a culture of wellbeing, still practised in massage and beauty rituals in private homes.

A volcanic mountain range splices the island in two. Ubud, revered as the island's cultural hub, lies at its heart. To the east lies Sidemen – a rural enclave in the shadow of Mount Agung – and to the south, the busier beach resorts of Kuta and Nusa Dua. The less visited north and west of Bali includes a quiet coastline that is great for diving.

Significantly, Bali is the only predominantly Hindu island in the world's largest Muslim nation – Indonesia.

Hinduism was introduced from Java in the eighth century and then strengthened in the fifteenth century as the Brahman priests fled the Islamic encroachment on Java. From these early roots, Bali has developed its own unique system of beliefs, officially called 'Agama Tirtha' ('Religion of Holy Water'). Balinese people believe in the seen and the unseen worlds. Life is a battle between the demons and dark forces that dwell in the sea and the gods who reside in the mountains or volcanoes – both dominant aspects of the island's topography.

Village life is a core element of Balinese culture – a cohesive religious community (banjar) organised around a group of temples. Each banjar member is duty-bound to take part in rituals and assist in ceremonies, involving art, music, theatre and elaborate offerings. These ceremonies constitute the island's heartbeat.

The very soul of Bali is rooted in religion and is expressed in art forms that have been well preserved over the centuries. Hindu tenets have also morphed with local influences. Dance dramas, for example, are based on the old Hindu epics of the Ramayana and the Mahabarata, but contain elements of folklore peculiar to the island.

Although the ancient regencies of the 'Rajas' and princes of Bali were dismantled by colonial governments in the early twentieth century, many of the royal descendants, who still own traditional palaces, are very much respected as patrons of the arts. Even today, it seems that almost every person is a painter, carpenter or weaver, sharing an unusual respect for nature and Bali's rich and singular heritage.



COMO SHAMBHALA  
E S T A T E

**Media Contacts**

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**Chris Orlikowski**

Group Director PR and Communications COMO Hotels and Resorts  
17 Old Park Lane London  
W1K 1QT  
T. +44 20 7447 1049  
E. [chris.orlikowski@comohotels.com](mailto:chris.orlikowski@comohotels.com)  
W. [comohotels.com](http://comohotels.com)

**Yohanes Hutauruk**

Cluster Director of Marketing Communications — Bali  
COMO Shambhala Estate  
Banjar Begawan, Desa Melinggih Kelod, Payangan,  
Bali - Indonesia, 80571  
T. +62 361 978 888  
E. [yohanes.hutauruk@comohotels.com](mailto:yohanes.hutauruk@comohotels.com)  
W. [comohotels.com/comoshambhalaestate](http://comohotels.com/comoshambhalaestate)