

ADMISSION

All Cocoa Island by COMO guests, 16 years and older have complimentary use of the gym, hydrotherapy pool and steam room. Guests under 16 years old are not allowed to use these facilities.

RESERVATIONS

Reservations can be made at COMO Shambhala reception or by dialling extension 2 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\$75. 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\$110.

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 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

In appreciation of outstanding service, gratuities for spa staff may be left at your discretion. For your convenience, gratuities may be charged directly to your room.

CHARGES

A 10% service charge and prevailing government tax will be added to all services.

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

INDONESIAN MASSAGE

A wonderful introduction to traditional Indonesian therapy, this massage incorporates rolling and kneading strokes to rejuvenate the body. 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

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

PRE-NATAL MASSAGE

This specially designed pre-natal treatment, accommodating 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 make sure total comfort is assured at all times.

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

REFLEXOLOGY

Reflexology recognises how feet have points that correspond to the organs and functions of the body; when stimulated, they 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

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\$220

BODY THERAPY

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 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

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 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, body and spirit as you journey through life.

SUNDĀRI AGE DEFYING FIRMING FACIAL

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, regaining strength and its youthful glow.

60 minutes US\$150

SUNDĀRI ESSENTIAL SUPPLIFYING 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 penetrating 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 at Cocoa Island. An active exfoliation with enzymes and bamboo extract reduces roughness, uneven pigment and loose skin. An energizing mask and massage, utilizing 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. Personalized gels are chosen to suit your specific skin needs that will penetrate through our mild ionized 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. Hydradermie Lift stimulates the small muscles of the face for a more radiant, firmer appearance to the skin. In just an hour this treatment revitalizes 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.

30 minutes US\$90

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

NAIL CARE

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

Essential Manicure US\$60

Essential Pedicure US\$75

WAXING

Half Leg US\$45

Bikini Line US\$50

Full Leg US\$80

Underarm US\$30

MIND - BODY DISCIPLINES

YOGA CLASS

A complimentary class is conducted daily at the Yoga Pavilion, except Fridays. The class is open to all levels, from beginners to advanced practitioners.

Please refer to COMO Shambhala Reception for schedule.

HYDROTHERAPY

The therapeutic use of water and bath, both internally can be traced back over 6000 years. Traditional method of treating disease and injury can be found in many healing systems including those of ancient Rome, China, Japan and Greece. Water has mechanical effects and our nervous system reacts to the pressure exerted by moving water. It can alleviate a variety of specific ailments and can also be used as a general massage system to promote overall relaxation. Warm water also has thermal effects, quieting and soothing the body, calming the nerves, heart and lungs, and releasing tension in the muscles. Hydrotherapy has been effectively used in the treatment of chronic pain, 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 up to a group of 6 people at a time. Hydrotherapy exercises are recommended for cross training, for those who have difficulty exercising on land, or for rehabilitation from injury, joint problems and surgery.

PRIVATE SESSIONS

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 suited to your needs.

YOGA

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

60 minutes US\$110 (up to 2 people)

MEDITATION

Learn the healing powers of meditation with a private guided session

60 minutes US\$110 (up to 2 people)

PRANAYAMA

Discover your breath and learn how to breathe effectively.

60 minutes US\$110 (up to 2 people)

HYDROTHERAPY

An excellent way for you to improve your aerobic conditioning, flexibility and strength.

45 minutes US\$110 (up to 2 people)

Additional persons for private session; US\$30 each.