



COMO  
SHAMBHALA  
ESTATE

# WELLNESS PATHS



A full-page photograph of a woman in a white shirt meditating on a large rock in a fast-flowing river. The river is surrounded by dense tropical vegetation, including palm trees and ferns. A bright sunburst effect is visible in the upper left, with light rays filtering through the trees. The overall mood is peaceful and serene.

HEALTH IS A STATE OF  
COMPLETE HARMONY OF THE  
BODY, MIND AND SPIRIT.

B.K.S. Iyengar



Introducing COMO Shambhala Wellness Paths:  
where we redefine wellness by focusing on 'unease'  
instead of 'disease', and on prevention over cure.

We believe in listening before leading, guiding you  
through a dynamic journey from expert diagnostics  
to sustainable wellness, harmonising mind, body,  
and soul.





A woman with dark hair, wearing a white, flowing dress, is captured in a graceful pose with her arms raised. She is looking upwards and to the side, with her hands near her head. The background is a soft, out-of-focus white, creating a serene and elegant atmosphere.

## ABOUT COMO SHAMBHALA

Meaning 'peace' in Sanskrit, Shambhala alludes to the pursuit of balance. It defines the essence of the COMO Shambhala approach to holistic wellness, combining modern science with ancient practices to align mind, body and spirit.

COMO Shambhala Estate is the most complete manifestation of the COMO Shambhala philosophy, offering a wide range of treatments, experiences, products and activities.

Complementing these services is our signature COMO Shambhala Kitchen, featuring healthful nutrition-optimised dishes using pure ingredients in nourishing combinations.



## COMO SHAMBHALA WELLNESS PATHS

COMO Shambhala Wellness Paths are uniquely tailored to you, carefully crafted to suit your individual needs and goals.

Our diagnostic process incorporates a body composition analysis scan by Inbody and full wellness lifestyle consultations with our residential Chinese medicine or Ayurvedic consultant.

For guidance on choosing the right path for you, speak with our COMO Shambhala wellness experts.







## INTEGRATED WELLNESS PATH

Our most detailed Path, starting with expert diagnostics and leading to sustainable wellness. Gain an intricate understanding of the cause of any unease, and build a personalised plan around your fitness, nutrition and wellbeing needs for a complete body and mind reset.

Our holistic approach combines rejuvenating treatments with advanced therapeutic techniques, from ice baths and hydrotherapy, to hyperbaric oxygen chambers and sleep enhance technology.

Recommended for stressed professionals, digestive complaints, those seeking weight management and more.



PATH BENEFITS

- Body and mind reset
  - Enhanced immunity and energy levels
  - Improved digestion
  - Reduced inflammation (lowering risk to disease)
  - Increased vitality
- Building a healthy relationship with food
  - Boosted nutrient absorption
  - Strengthened mental health
  - Improved self-confidence, and overall wellbeing

KEY DETAILS

This COMO Wellness Path includes:

INTEGRATED WELLNESS PATH	5N	7N	10N
In-depth one-to-one wellness lifestyle consultation with our residential consultants, including body composition analysis scan by Inbody, with interpretation of results	1	2	2
Contrast therapy sessions	2	3	4
120 minutes of therapy treatments per day (includes Hyberbaric Oxygen session)	5	7	10
Daily private guided meditation, breath work, personal training, hydrotherapy, Pilates or yoga class	5	7	10
Access to sleep enhance technology – Cambridge Sleep Sciences’ SleepHub ®	Included	Included	Included
Daily full board meals with personalised eating plan from COMO Shambhala Kitchen	Included	Included	Included
Unlimited group wellness classes per daily schedule of activities	Included	Included	Included
COMO Shambhala Journal	Included	Included	Included

For a supplementary charge, greater precision can be achieved with AMILI's Microbiome testing technology.

TERMS AND CONDITIONS

- Priced at IDR 5,500,000 per person per night.
- Price stated is subject to 21 per cent government tax and service charge.
- Length of the programme can be tailored to your needs. Please contact your Personal Assistant or dial ‘2’ on your in-room phone.







## FIT TO PERFORM



Unleash your potential with our Fit to Perform Wellness Path. This is an opportunity to refine your fitness goals, whether you are just setting out on an inspiring new regime, focusing on post-injury rehabilitation, or optimising your athletic performance for competitive success.

Your tailored fitness plan combines gym and outdoor activities alongside yoga and Pilates, as well as innovative treatment techniques.

Recommended for fitness novices, enthusiasts, athletes and adventurers alike.



PATH BENEFITS

- Established fitness routine
  - Body and postural awareness
  - Reducing potential musculoskeletal issues
  - Improve knowledge of exercise techniques, nutrition and healthier lifestyle choices
  - Increased cardiovascular health, reducing the risk of heart diseases
- Optimised blood pressure and cholesterol levels
  - Enhanced endurance and increased resilience to stress
  - Increased mind-body connection

KEY DETAILS

This COMO Wellness Path includes:

FIT TO PERFORM	3N	5N	7N	10N
In-depth one-to-one wellness lifestyle consultation with our residential consultants, including body composition analysis scan by Inbody, with interpretation of results	1	1	2	2
Contrast therapy sessions	1	3	4	5
120-minute body therapy or a guided outdoor activity (e.g. Mount Batur hike)	1	1	2	2
60-minute personal training sessions, or private Pilates or yoga class	1	2	3	4
Daily 60-minute therapy treatment (includes Hyperbaric oxygen therapy (HBOT) session)	3	5	7	10
Daily private guided meditation, breath work, personal training, hydrotherapy, Pilates or yoga class	3	5	7	10
Daily full board meals	Included	Included	Included	Included
Unlimited group wellness classes per daily schedule of activities	Included	Included	Included	Included
COMO Shambhala Journal	Included	Included	Included	Included

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## DETOX TO RESTORE

Rediscover wellbeing from within with our 'Detox to Restore' Wellness Path. This transformative journey begins with gut health and mental well-being, and focuses on cleansing dietary and environmental toxins.

Immerse yourself in a therapeutic programme that includes a personalised eating plan inspired by COMO Shambhala Kitchen, as well as meditation, breath work (Pranayama), yoga, fitness and more.

Recommended for those seeking digestive balance, improved mental health and relief from fatigue or digital overload.



**PATH BENEFITS**

- Improved digestive health
  - Increased radiance
  - Boosting focus and mental clarity
  - Resetting health habits
  - Increased vitality and energy
- Promotion of optimal cell function and longevity
  - Improved mental health
  - Increased support for organ function
  - General health improvement
  - Sustainable self-care practises

**KEY DETAILS**

This COMO Wellness Path includes:

DETOX TO RESTORE	3N	5N	7N	10N
In-depth one-to-one wellness lifestyle consultation with our residential consultants, including body composition analysis scan by Inbody, with interpretation of results	1	1	2	2
Open-system colonic therapy	1	1	2	2
60-minute therapy treatment (includes lymphatic drainage, COMO Shambhala My Microbiome facial, Hyperbaric Oxygen Therapy (HBOT) and massage therapies)	3	5	7	10
120-minute body therapy	1	1	2	2
Daily private guided meditation, breath work, personal training, hydrotherapy, Pilates or yoga class	3	5	7	10
Access to sleep-enhancing technology – Cambridge Sleep Sciences’ SleepHub ®	Included	Included	Included	Included
Daily full board meals	Included	Included	Included	Included
Unlimited group wellness classes per daily schedule of activities	Included	Included	Included	Included
COMO Shambhala Journal	Included	Included	Included	Included

**TERMS AND CONDITIONS**

- Priced at IDR 4,600,000 per person per night.
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## NOURISH TO GLOW



Revitalise and recalibrate your eating habits with 'Nourish to Glow' – a holistic, sustainable path to nourishing your body and achieving radiance at all life stages, from burnout to menopause.

Experience a therapeutic journey that includes a personalised eating plan inspired by COMO Shambhala Kitchen, yoga and fitness activities, and rejuvenating heat treatments.

Recommended for those seeking balanced nutritional choices, individuals with dietary intolerances, people interested in mindful eating practices, or those in search of healthy lifestyle change.



PATH BENEFITS

- Improved digestion
  - Enhanced gut health
  - A stronger immune system
- Body and skin rejuvenation
  - Better skin, hair, and nail health, reducing the risk of nutrient deficiencies

KEY DETAILS

This COMO Wellness Path includes:

NOURISH TO GLOW	3N	5N	7N	10N
In-depth one-to-one wellness lifestyle consultation with our residential consultants, including body composition analysis scan by Inbody, with interpretation of results	1	1	2	2
60-minute COMO Shambhala My Microbiome facial	1	1	2	2
Hyperbaric oxygen therapy (HBOT) session	1	2	3	4
60-minute body therapy	3	5	7	10
Daily private guided meditation, breath work, personal training, hydrotherapy, Pilates or yoga class	3	5	7	10
Daily full board meals	Included	Included	Included	Included
Unlimited group wellness classes per daily schedule of activities	Included	Included	Included	Included
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## CONNECT TO REBALANCE

Has stress, imbalance or a lack of purpose taken hold? 'Connect to Rebalance' is your escape. Re-ground through a digital detox, reconnect with nature's healing power, and build a renewed sense of focus and joy.

From heat treatments to a personalised therapy plan inspired by COMO Shambhala treatments, our holistic approach promotes self-reflection, growth and a connection with nature.

Recommended for those in need of self-reflection, struggling with digital overload, or seeking renewed purpose.



PATH BENEFITS

- Reconnect with yourself and cultivate tranquillity within
  - Feel grounded and ready to move forward
  - Enhance your focus and mind-body balance
- Connect with nature
  - Experience a sense of deeper joy and happiness

KEY DETAILS

This COMO Wellness Path includes:

CONNECT TO REBALANCE	3N	5N	7N	10N
In-depth one-to-one wellness lifestyle consultation with our residential consultants, including body composition analysis scan by Inbody, with interpretation of results	1	1	2	
60-minute body therapy	3	5	7	10
Balinese water purification ceremony at Kedara Water Garden	1	1	1	1
Guided Mount Batur Hike	0	0	1	1
Daily private guided meditation, breath work, personal training, hydrotherapy, Pilates or yoga class	3	5	7	10
Access to sleep enhance technology – Cambridge Sleep Sciences' SleepHub ®	Included	Included	Included	Included
Daily full board meals	Included	Included	Included	Included
Unlimited group wellness classes per daily schedule of activities	Included	Included	Included	Included
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COMO  
SHAMBHALA

WELLNESS BEGINS  
WITHIN

To book or to find out more, please contact  
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