



COMO SHAMBHALA

INSPIRING COMMITMENT
TO LIFELONG WELLNESS

Admission

All COMO Uma Canggu 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 Canggu, you can dial +62 361 6202209. 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: 10.00am - 7.00pm

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 Canggu 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.

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

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

Thai Massage

Thai Massage assists in unblocking trapped energy and improves vitality. With this type of healing treatment – sometimes known as passive yoga – our expert COMO Shambhala therapists manoeuvre your body into yoga-like stretching positions, applying pressure along the meridians and mobilising joints. No oil is used during this treatment and Thai pyjamas are provided.

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

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

Couple Massage Workshop

A private couple's massage class, teaching you the skills you need to benefit from this centuries-old healing tradition at home.

Our massage therapist will teach you both chair-based and massage bed techniques, explaining the anatomy of the back and the key areas to target. You will be shown each massage sequence in detail, before getting the opportunity to practice on each other. A back muscle anatomy card for you to make notes and refer to after the experience

75 minutes IDR 925,000

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.

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

Dead Sea Mud Therapy

Our nurturing Dead Sea Mud Therapy helps to extract impurities from the skin, while moisturising the body and relieving muscle tension. The warm mud treatment includes a gentle exfoliating scrub, as well as a face and scalp massage. After a shower, the treatment concludes with our nurturing signature COMO Shambhala Massage.

120 minutes IDR 2,500,000

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

COMO Shambhala Sun Soother

This soothing face and body treatment is designed specifically for use after excessive sun exposure, nourishing and comforting the skin as well as reducing heat and redness.

60 minutes IDR 750,000

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.

SUNDĀRI

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 Mondin, 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 Hydradermie Plus Treatment

This Guinot Hydradermie Plus Treatment involves deep cleansing, purification, oxygenation and hydration to leave skin with a healthy glow. Prescriptive gels to suit your specific needs are applied to your skin, before a mild ionised current helps the gel to penetrate through. The Guinot Hydradermie Plus Treatment also targets the eye and neck areas, with firming and hydrating gels which smooth away the signs of ageing.

90 minutes IDR 1,500,000

Guinot Hydradermie Lift

The Guinot Hydradermie Lift lifts and firms the skin. The treatment stimulates the small muscles of the face to give a firmer, more radiant appearance, and also promotes oxygenation to revitalise the skin.

60 minutes IDR 1,450,000

Guinot Hydradermie Lift For The Eyes

The relaxing Guinot Hydradermie Lift for the Eyes helps to reduce puffiness, dark circles and fine lines around the eye area. A mild muscle-stimulating electric current, and application of specific Guinot eye products, make for long-lasting results.

45 minutes IDR 750,000

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.

WAXING

We offer a range of hair-removal treatments administered by our expert staff, each one designed to leave skin feeling soft and smooth.

Full Leg

IDR 550,000

Half Leg

IDR 350,000

Underarm

IDR 225,000

Forearm

IDR 325,000

Full Arm

IDR 425,000

Bikini Line

IDR 325,000

NAIL CARE

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

ESSENTIAL MANICURE

A lasting manicure in the colour of your choice.

Regular Polish

45 minutes IDR 530,000

Gel Polish

60 minutes IDR 580,000

ESSENTIAL PEDICURE

A lasting pedicure in the colour of your choice.

Regular Polish

60 minutes IDR 680,000

Gel Polish

75 minutes IDR 730,000

Gel Polish Remover

30 minutes IDR 250,000

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 Wellness reception team to make your reservation.

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 700,000

60 minutes (couple) IDR 900,000

Additional (third onwards)
IDR 150,000 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 1,100,000

Meditation

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

60 minutes IDR 700,000

60 minutes (couple) IDR 900,000

Additional (third onwards)
IDR 150,000 per person

Pranayama

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

60 minutes IDR 700,000

60 minutes (couple) IDR 900,000

Additional (third onwards)
IDR 150,000 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 700,000

60 minutes (couple) IDR 900,000

Additional (third onwards)
IDR 150,000 per person

Fitness and Personal Training

The COMO Uma Canggu Gym is a distinctively modern space, with four-metre floor-to-ceiling windows filling the room with natural light. It has a comprehensive range of Life Fitness exercise machines, as well as dedicated TRX suspension training and CrossFit stations. Personal training and private fitness sessions are available with our resident fitness instructor.

60 minutes IDR 700,000

60 minutes (couple) IDR 900,000

Additional (third onwards)
IDR 150,000 per person

Pilates

Pilates is a gentle form of exercise that assists to improve posture, circulation and flexibility by toning muscles and strengthening the core. It also encourages mind-body balance with calming, regular exercises. Private Pilates sessions are available for beginners to experts, using either the mat or Reformer styles to enhance existing practice or give an introduction to the Pilates method of exercise.

60 minutes IDR 700,000

60 minutes (couple) IDR 900,000

Core Connection

A Pilates-based class focusing on strengthening, toning and stretching your midsection, as well as helping you understand the key active muscles that make up the core.

60 minutes IDR 700,000

60 minutes (couple) IDR 900,000

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.

MASSAGE THERAPY

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

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

Thai Massage

Thai Massage assists in unblocking trapped energy and improves vitality. With this type of healing treatment – sometimes known as passive yoga – our expert COMO Shambhala therapists manoeuvre your body into yoga-like stretching positions, applying pressure along the meridians and mobilising joints. No oil is used during this treatment and Thai pyjamas are provided.

75 minutes IDR 925,000

90 minutes IDR 1,100,000

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

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

BODY THERAPY

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

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

The Complete Man

This is the ideal treatment experience for men to relieve tension and invigorate the senses. The 90-minute session begins with a back, neck and shoulder massage to alleviate the tension commonly stored in these areas. Then, a 30-minute rehydrating facial to deep cleanse the skin. The treatment finishes with a quick nail tidying. For an extended, 120-minute session, the massage will target the body's deeper tissues for more intense relief.

90 minutes IDR 1,150,000

120 minutes IDR 1,500,000

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 300,000

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.

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 (includes nail polish)
IDR 735,000

COMO SHAMBHALA PRIVATE SESSIONS FOR CHILDREN

Children's Yoga

30 minutes IDR 280,000

60 minutes IDR 560,000

Family Yoga

60 minutes (two adults + two children with age from five years old) IDR 1,100,000

Children's Mat Pilates

30 minutes IDR 280,000

60 minutes IDR 560,000

Children must be over eight years old to participate in children's Pilates.

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.

EXPRESS MENU

At COMO Shambhala, we understand that time is precious especially as we try to balance our commitments to work, family and friends. That is why we created this menu, featuring treatments that can be completed in 30 minutes or less for guests who are pressed for time. Each has been carefully honed to provide the best results in the shortest time possible.

Should you have a little more time, we recommend you turn back to our full-length menu where you can try each treatment as it was originally designed. Otherwise, read on and discover how powerful 30 minutes can be for your wellbeing.

MASSAGES

Each of our 30-minute massages help to relieve immediate tension and calm your busy mind with the use of our nurturing COMO Shambhala signature blended massage oils.

Back, Shoulder and Neck Massage

30 minutes IDR 380,000

Hand, Arm and Shoulder Massage

30 minutes IDR 380,000

Head, Neck and Shoulder Massage

30 minutes IDR 380,000

Reflexology

30 minutes IDR 380,000

COMO Shambhala Body Scrub

This 30-minute body polish will leave skin feeling firmer, softer and revitalised. The treatment uses our salt and sugar scrub to exfoliate dull skin cells, followed by a refreshing shower and the application of our signature COMO Shambhala Invigorate moisturising lotion.

30 minutes IDR 380,000

FACIALS

Our rejuvenating 30-minute facials are designed to give maximum results in minimum time, well-suited for those looking for a quick refresher. Our facials are suitable for all skin types, leaving you with a healthier, more radiant complexion.

Sundāri Facial

30 minutes IDR 455,000

TARGETED TREATMENTS

Sundāri Beautiful Eyes

30 minutes IDR 455,000

Sundāri Firming Neck Treatment

30 minutes IDR 455,000

NAIL CARE

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. Should you wish to add nail polish, the treatment will take an additional 15 minutes.

30 minutes IDR 300,000

45 minutes (includes nail polish)

IDR 530,000

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. Should you wish to add nail polish, the treatment will take an additional 15 minutes.

30 minutes IDR 345,000

45 minutes (includes nail polish)

IDR 575,000

Manicure and Pedicure

This quick tidy up – just 30 minutes – gives your hands and feet a quick but effective nail and cuticle tidy.

30 minutes IDR 310,000

MIND-BODY DISCIPLINES

COMO Shambhala offers a variety of 30-minute daily classes and activities, including yoga, Pilates and fitness sessions. In-house guests are welcome to join any of these classes. Our internationally 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 wellness reception team to make your reservation.

Meditation

Discover the healing power of meditation in a 30-minute one-on-one session that will introduce you to the basics of this ancient therapeutic tradition.

30 minutes IDR 350,000

Assisted Stretch

This 30-minute private assisted stretching session is the ideal way to finish a run or gym workout, easing general muscle tightness and increasing flexibility.

30 minutes IDR 380,000

Pranayama

Learn the art of Pranayama – a practice that uses breathing control to enable optimum health and calm by increasing oxygen flow.

30 minutes IDR 350,000

WELLNESS SPECIALISTS

NI NYOMAN MURNIATHI

Guinot Skincare Specialist

Murni has more than 19 years of experience as a facialist both overseas and in Indonesia, with 15 of those years spent with us at COMO. She built her extensive knowledge of facial treatments through working in Bali and on European Star cruises before specialising in Guinot.

Murni has a holistic, confident approach to skincare and offers consultations to determine each guest's personalised Guinot facial treatment programme. Whether it's a Hydradermie treatment to lift facial muscles, a Guinot Liftosome for mature skin or a Guinot Aromatic for younger guests, Murni will discuss

your skin type and individual goals before making her expert recommendation.

Bespoke Age-Defying Facial

120 minutes

This treatment is tailored to your individual skin concerns, whether dryness, pigmentation, or loss of firmness. The treatment encourages radiant, plump, glowing skin for a more youthful appearance. For best results, this facial should be performed every four weeks with Murni's recommended follow up plan.

You'll receive a 15-minute consultation, followed by a 105-minute facial treatment. Follow up treatments are recommended to take place once a week for two weeks.



COMO
UMA CANGGU