

COMO Shambhala, a centre for peace and harmony embodies the holistic way of life

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\$190

90 minutes US\$225

DEEP TISSUE MASSAGE

This restorative full body massage helps release deeply-held patterns of tension, remove toxins, relax, soothe and thereby encourage muscles to operate at full capacity. The techniques used include deep-muscle compression and cross-fibre friction to increase blood and lymphatic flow.

75 minutes US\$190

90 minutes US\$225

INDONESIAN MASSAGE

Using traditional Javanese essential oils, this massage incorporates rolling and long kneading strokes to renew the body.

75 minutes US\$190

90 minutes US\$225

THAI MASSAGE

By applying pressure along the meridians, this treatment unblocks trapped energy and improves vitality. Often referred to as passive yoga, it incorporates yoga-like movements to stretch joints and balance major muscle groups.

75 minutes US\$190

90 minutes US\$225

SHIATSU

This Japanese form of massage involves powerful stimulation of the body's pressure points to invigorate and relax. Combined with stretching, palming and mobilising movements, this massage also loosens profound muscular tension. Our practitioner also combines Shiatsu and Acupuncture to promote deeper restoration and relaxation.

75 minutes US\$190

90 minutes US\$225

PRE-NATAL MASSAGE

This specially designed pre-natal treatment, accommodating all stages of pregnancy after the first trimester, starts with a floral foot bath, 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\$190

90 minutes US\$225

INDIAN HEAD MASSAGE

Indian Head Massage is excellent for helping to relieve tension that builds up in the head, neck and shoulder area as a result of stress. Includes a gentle facial massage.

75 minutes US\$190

90 minutes US\$225

REFLEXOLOGY

Reflexology is a technique of applying gentle pressure to the reflex points on the feet. It brings about a state of deep relaxation to stimulate the body's own healing process.

60 minutes US\$150

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\$240

ACUPUNCTURE

Acupuncture is an integral element of Oriental Medicine involving the insertion of fine needles into specific points on the body's meridians. These are channels through which the body's energy, or Qi, travels. The process stimulates our healing responses, rebalancing the body's Yin and Yang (opposite qualities that need to be in harmony for perfect health). The immune system is given a powerful boost, assuaging deep-set tensions and restoring energy flow. Our practitioner also combines Acupuncture and Shiatsu to help promote deeper restoration and relaxation.

60 minutes US\$150

ACUPUNCTURE AND SHIATSU COMBINATION

75 minutes US\$190

90 minutes US\$225

BODY CARE

COMO SHAMBHALA BATH

This cleansing treatment works to gently exfoliate and soften your skin. After dry brushing the body, specially prepared COMO Shambhala salt scrub infused with essential oils, macadamia oil and oat bran is applied to the body. After a rinse in an invigorating bath, this treatment concludes with a relaxing COMO Shambhala massage.

120 minutes US\$240

JAVANESE ROYAL LULUR BATH

Lulur is a beauty ritual from Central Java's Royal Palaces. 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 flower-filled bath, and concludes with a soothing application of body lotion.

120 minutes US\$240

MARINE ALGAE THERAPY

This sea algae wrap contains rich minerals and vitamins to stimulate metabolism and boost circulation. The skin's mineral content is also enhanced. During the wrap, the face and head is gently massaged. This treatment finishes with a shower and a relaxing COMO Shambhala massage.

120 minutes US\$240

DEAD SEA MUD THERAPY

Nourishing minerals found in Dead Sea mud are absorbed into the skin after full body brushing and exfoliation with Dead Sea salt. The treatment concludes with a relaxing COMO Shambhala Massage.

120 minutes US\$240

COMO SHAMBHALA SUN SOOTHER

To counteract the drying effects of the sun and salt water, enjoy a full body compress, a nurturing scalp massage and application of after-sun lotion.

An optional 30-minute massage is also available (please inform us at the time of booking).

75 minutes US\$200 with 30-minute massage US\$240

AYURVEDIC THERAPY

Ayurveda is the ancient Indian system of healing which has been practiced for the past 5000 years. In Sanskrit, the term “Ayu” means “span of life” and “veda” means “knowledge”. Ayurveda is a holistic and completely natural approach to health and well being. In order to gain the full therapeutic benefit of Ayurvedic treatments, it is advisable to have a course of treatments over a three to five day period. Our Ayurvedic Consultant can assist you to know further about Ayurveda, as well as planning a programme. A consultation with our Ayurvedic Consultant prior to the treatments is recommended.

AYURVEDIC CONSULTATION

A discussion about general health and understanding one's 'life code' (known as Vata, Pitta or Kapha) in terms of ancient Ayurvedic principles. Followed by the development of a personal Ayurvedic programme to include therapies, a health-promoting diet and recommended lifestyle changes.

60 minutes US\$150

WELLNESS & THERAPEUTIC CONSULTATION

A general medical or therapeutic consultation to cover all areas of health and common pathology such as heart problems, diabetes, back pain, sluggish digestion and weight management. Stress management is also an area that is highlighted during this consultation and our Ayurvedic Consultant can offer expert advice to control stress levels by developing a personalised programme incorporating meditation and Ayurvedic lifestyle principles.

60 minutes US\$150

ABHYANGA

A rhythmic oil massage with warm herbal oils and herbal powder (Ubtan). Impurities and toxins are loosened, immunity is enhanced, circulation is stimulated and the body and mind experience deep relaxation.

75 minutes US\$250 (2 Therapists)
US\$220 (1 Therapist)

SHIRODHARA

This is a unique treatment of Ayurveda for relieving stress. After a gentle massage to relax the neck and shoulder areas, warm medicated oil is gently poured in a steady stream over the forehead. This profoundly calming treatment quiets both the mind and senses, improves mental clarity and comprehension.

60 minutes US\$200 (1 Therapist)

PIZICHILI

Warm herbalised oil continuously flows over the entire body and is combined with a soothing massage. A rejuvenating therapy that counteracts stress and promotes positive health.

75 minutes US\$250 (2 Therapists)
US\$220 (1 Therapist)

ABHYANGA PACKAGE – ABHYANGA, SWEDANA, UBTAN & SHIRODHARA

An Abhyanga massage is followed by Swedana (herbal steam) and Ubtan to enhance circulation and release impurities through the skin. In Shirodhara, warm herbalised oil is gently poured in a steady stream over the forehead, calming the senses and turning them inwards to induce clarity of mind.

90 minutes US\$300 (2 Therapists)

PIZICHILI PACKAGE – PIZICHILI, SWEDANA, UBTAN & SHIRODHARA

A Pizichili massage is followed by Swedana (a herbal steam) and Ubtan to enhance circulation and release impurities through the skin. The combination of Pizichili and Shirodhara is highly valued for treating stress, anxiety and nervousness.

90 minutes US\$300 (2 Therapists)

FACIAL CARE

COMO SHAMBHALA PURIFY FACIALS

COMO Shambhala's PURIFY skincare products harness the power of botanicals. Our key ingredients are rich in antioxidants that can fight the ageing effects of free radicals. They include rose hip oil, peach kernel oil, aloe leaf and yeast extracts. Moisturising extracts include wild orchid that grows in Bhutan, and mannan, an ingredient used in Japanese cooking. This possesses a unique ability to retain water which keeps skin hydrated. By working with these nutrients, we have been able to create a treatment for men and women that complements our holistic approach to wellbeing.

COMO SHAMBHALA PURIFY HOLISTIC FACIAL

Our signature facial is deep cleansing and nourishing. PURIFY-infused steam compresses help to cleanse and prepare the skin to be holistically balanced through manual lymphatic stimulation. A unique massage using a warm herbal bolus stimulates the skin and detoxifies at a deeper level through acupressure channels. The treatment promotes a clear mind and leaves skin feeling totally fresh and hydrated.

75 minutes US\$180

COMO SHAMBHALA RITUAL

The ritual begins with a soothing full body COMO Shambhala massage. Your relaxation is further enhanced with a therapeutic and herbal bolus back treatment. It warms and soothes sore and tight muscles whilst detoxifying and stimulating the vital lymph system. The experience continues with a PURIFY Holistic Facial to ensure you feel totally rebalanced and revitalised.

120 minutes US\$300

COMO SHAMBHALA PURIFY FOR MEN

This treatment incorporates an initial warming compress and back cleanse, followed by a relaxing and purifying back and scalp massage. The treatment concludes with an express facial, which rehydrates and balances skin that has been deeply cleansed using COMO Shambhala's PURIFY skincare products.

75 minutes US\$200

DR HAUSCHKA HOLISTIC FACIAL

Feel the difference this nurturing, deep-acting facial treatment can make for your skin. Consult with your certified Dr Hauschka esthetician to create the focus of your treatment, suited to your individual skin care needs. Choose the path of deep cleansing, aimed at restoring balance and harmony to the skin or consider the direction of a relaxation treatment, aimed at bringing back that smooth, refreshed look of natural serene beauty.

75 minutes US\$180

DR HAUSCHKA CLASSIC TREATMENT

This deep cleanse and massage uses pure botanical products to revitalise skin while relieving tension, beginning with warm aromatherapy compresses. The lymphatic system is then stimulated using gentle hand and brush movements, which also helps activate the immune system. Therapeutic skin conditioners, a nourishing mask and décolleté massage complete this classic holistic therapy.

120 minutes US\$220

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\$250

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 EYE

This relaxing eye contour treatment can help soothe puffiness, dark circles and fine lines using a mild muscle stimulating current along with specific eye products for ultimate and long lasting results.

45 minutes US\$80

GUINOT LIFTOSOME

Indulge and visibly transform the skin within to firm, lift and add renewed radiance with Pro-Collagen. This treatment acts on the skin through in-depth penetration of the firming active ingredients using a thermal self-heating mask.

60 minutes US\$150

GUINOT AROMATIC FACIAL

This customized facial combines plant extracts and essential oils to meet the needs of the skin. Relax as this sensory experience provides your skin with nutrients for a healthy, vibrant complexion.

60 minutes US\$150

NAIL CARE

Experience our nail care system combining products filled with naturally hydrating essences and nature's most soothing and effective botanicals for soft, silky hands and feet.

Essential Manicure US\$45 Essential Pedicure US\$65

BEAUTY THERAPY

WAXING

Full Leg	US\$65	Underarm	US\$25
Half Leg	US\$35	Full Arm	US\$35
Bikini Line	US\$25	Forearm	US\$25

COMO Shambhala Retreat, Parrot Cay Turks & Caicos

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COMO SHAMBHALA RETREAT ACTIVITIES

YOGA

A complimentary group yoga session is conducted 6 days a week. Please refer to COMO Shambhala Retreat Activities Schedule. Personal Instruction can be yours at any time, presenting the 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 each client to design a program for their needs.

MEDITATION

Learn the healing powers of meditation with a private guided session.

PRANAYAMA

Discover your breath and learn how to breathe effectively.

60 minutes US\$150 (up to 2 people)

90 minutes US\$225 (up to 2 people)

Additional people US\$30

PILATES

Pilates is a quiet form of physical exercise that tones muscles and strengthens the body's core, improving posture, circulation and flexibility. It is also calming, aiding mind-body balance. A complimentary group Pilates mat work session is available 6 days a week. Please refer to COMO Shambhala Retreat Activities Schedule. Private Pilates is also available on the mat or Reformer to enhance your existing practice or for one-on-one introduction to the Pilates Method of Exercise.

60 minutes US\$150 (up to 2 people)

90 minutes US\$225 (up to 2 people)

Additional people US\$30

FITNESS AND PERSONAL TRAINING

Personal training and fitness private sessions are available with our resident fitness instructor.

60 minutes US\$150 (up to 2 people)

90 minutes US\$225 (up to 2 people)

COMO SHAMBHALA COTTAGE

The COMO Shambhala Cottage can be your very own sanctuary, discreetly tucked away for ultimate privacy and relaxation. You and your partner can enjoy a selection of massages and body treatments. Meals may also be served in the cottage.

RENTAL RATES

4 hours US\$200

8 hours US\$350

All treatments are an additional charge. Please enquire at our reception.

COMO SHAMBHALA RETREAT CUISINE

To compliment the Retreat's holistic therapies, we provide a special COMO Shambhala Retreat menu, available in all restaurants and in-room dining. The cuisine is organic, low in fat and energising – highly recommended for those seeking to rejuvenate fully during their stay at Parrot Cay.

COMO SHAMBHALA RETREAT HEALING WEEKS

We invite various facilitators, internationally renowned Yoga teachers and health consultants throughout the year. Please enquire about these workshops or see our website: www.comoshambhala.bz

COMO Shambhala Retreat, Parrot Cay Turks & Caicos

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ADMISSION

All Parrot Cay guests 16 years and older have complimentary use of the gym, pool, locker room facilities, outdoor Jacuzzi, sauna and steam room. Guests under 16 years need to be accompanied by adults.

RESERVATIONS

Reservations can be made at the COMO Shambhala Retreat reception by dialling extension 8888 or 8889 on your in-room telephone. If calling from outside Parrot Cay, you may dial +1 649 946 7788. 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 based upon their availability.

HOURS OF SERVICE

9am – 9pm

All in-room massages during opening hours incur an additional charge of \$50. Should you wish to schedule a massage after opening hours, this can be arranged with advance notice and will be charged double the usual treatment price.

ARRIVAL

We recommend that you arrive at least 20 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 four hours notice or a full cancellation fee will be charged. "No shows" will be charged at the full treatment price.

VALUABLES

Whilst locker facilities are provided, 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

Gratuities may be given at your own discretion. If more convenient, they may also be room charged.

CHARGES

A 10% service charge will be added to all services.