



COMO
SHAMBHALA

WELLNESS BEGINS
WITHIN

INSPIRING COMMITMENT
TO LIFELONG WELLNESS

Admission

All COMO The Treasury guests aged 16 and older are welcome to receive spa treatments. 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 The Treasury, you can dial +61 8 6168 7877. 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. For non-staying guests, full payment is required upon booking.

Hours Of Service

COMO Shambhala: 10.00am – 6.00pm daily

All in-room treatments during opening hours incur an additional charge of AUD 40. 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 surcharge of 50 per cent applies to appointments made outside of our usual hours.

Charges

Please note that all treatments and services provided on Sundays will incur an additional 10 per cent charge. Public holidays will incur an additional 15 per cent charge.

Arrival

We recommend that you arrive at least 15 minutes prior to your appointment time in order to relax. 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 48 hours beforehand or a full cancellation fee will be charged. No-shows will be also charged at the full treatment price.

Valuables

We advise you not to bring any valuables during your visit. COMO The Treasury 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.

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 treatments. Our experts are trained in a variety of massage 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 AUD250

90 minutes AUD285

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 AUD250

90 minutes AUD285

Prenatal Massage

Our Prenatal Massage is a specially designed treatment for all stages of pregnancy after the first trimester. It includes a full body and facial massage. Pregnancy support cushions are used throughout to ensure total comfort.

75 minutes AUD250

90 minutes AUD285

Indian Head Massage

Beginning in a seated position with a focus on the head, neck and shoulder area, this tension-releasing massage uses pressure points and deep tissue techniques to ease tight muscles. A gentle facial massage of the nine Marma facial points is also included.

60 minutes AUD185

Foot Acupressure Massage

Our COMO Shambhala therapists understand how the feet respond to gentle pressure. Through thumb pressure and massage on the feet, this treatment can help to stimulate the body's natural recovery process and induce deep relaxation.

60 minutes AUD185

COMO Shambhala Back Massage

This firm, invigorating massage focuses exclusively on the typical 'problem areas' of back, neck and shoulders. Pressure points and deep tissue techniques are used to release tired muscles.

45 minutes AUD155

Foot Soothing Treatment

– Add On Service

20 minutes AUD80

Drainage Massage

This gentle massage helps to cleanse the body of unwanted toxins, giving your body a 'reboot' so it can function more efficiently.

75 minutes AUD225

90 minutes AUD250

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 AUD285

BODY THERAPY

Body therapy at COMO Shambhala comprises a range of treatments that help tone, detoxify and revitalise, while providing a relaxing experience.

COMO Shambhala Skin Detoxifying Treatment

Designed to improve circulation and skin tone, our COMO Shambhala Skin Detoxifying treatment helps to cleanse and revive tired skin. Using our signature products to exfoliate and moisturise, this therapy stimulates the lymphatic system to restore a healthy glow.

45 minutes AUD225

105 minutes (with 60 minutes
massage) AUD350

Sodashi Contouring Marine Body Wrap

This treatment is designed to leave skin feeling toned and lustrous. It begins with an invigorating exfoliation of the body using finely ground pumice and volcanic clay, followed by a body wrap using Sodashi's warmed mask – rich in powerful marine extracts, plant essences and algae. After a refreshing shower, specialised contouring gel and cream are applied to finish to maximise the treatment's toning effects.

90 minutes AUD285

110 minutes (with 20 minutes Eye
Lifting treatment) AUD365

110 minutes (with 20 minutes Foot
Soothing treatment) AUD365

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.

SODASHI

The Sodashi Facial is intensely nourishing and hydrating, using a potent blend of naturally occurring extracts and essential oils sourced from earth and sea to restore your skin and give a youthful glow.

Sodashi Samadara Ultimate Age-Defying Eye Treatment

This gentle treatment for tired eyes begins with the use of rose quartz crystals to massage the eye area. This helps to remove tension and reduce the appearance of fine lines. This will be followed by the application of a Samadara Ultimate Age-Defying Eye Crème, as well as a mineral-rich thermal mask that encourages the absorption of the cream's plant essences deeper into your skin. The treatment concludes with an anti-ageing massage around the eyes, inspired by Ayurvedic healing traditions.

40 minutes AUD175

Microdermabrasion addon:

15 minutes AUD30

Foot Soothing treatment addon:

20 minutes AUD80

Sodashi Samadara Ultimate Age-Defying Facial Treatment

This facial is designed to rejuvenate the skin and restore a more youthful glow. By combining a deep cleanse with a facial massage and moisturiser, this intensely hydrating treatment increases the skin's firmness, while diminishing the appearance of fine lines. You will also have the option to use a thermal infusing mask, to boost the collagen and natural fibroblast that are required to restore the skin's elasticity and balance skin tone.

With Thermal Infusing Mask

105 minutes AUD350

With Clay Mask 75 minutes AUD285

Microdermabrasion addon:

15 minutes AUD30

Foot Soothing treatment addon:

20 minutes AUD80

Sodashi Marine Mineral Facial

The active marine ingredients found in the facial mask will help to mineralise and oxygenate your skin. With this treatment, your face will appear firmer, with a more even complexion – the perfect pick-me-up for tired skin.

75 minutes AUD225

Microdermabrasion addon:

15 minutes AUD30

Foot Soothing treatment addon:

20 minutes AUD80

Sodashi Thermal Infusing Facial

Sodashi's exclusive thermal infusing mask maximises the absorption of essential ingredients into the deeper layers of the skin for maximum results. This indulgent treatment is tailored to individual skin needs, to purify, nourish and deeply cleanse, leaving skin hydrated and toned.

90 minutes AUD275

Microdermabrasion addon:

15 minutes AUD30

Foot Soothing treatment addon:

20 minutes AUD80

Sodashi Pure Radiance Facial

This calming treatment soothes and nourishes over-stimulated skin. Cooling mist and aromatic gels gently nurture the skin back to a healthful glow, whilst Sodashi's potent plant essences and herb extracts blend together to strengthen capillaries and desensitise stressed skin. The face is left feeling revived, with a calm, even complexion.

60 minutes AUD205

Microdermabrasion addon:

15 minutes AUD30

Foot Soothing treatment addon:

20 minutes AUD80

BEAUTY CARE

Our beauty care treatments are designed to refresh you, leaving you with a renewed sense of confidence.

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 AUD120

Essential Pedicure

A lasting pedicure in the colour of your choice.

Regular Polish 60 minutes AUD145

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 AUD105

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 AUD105

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 AUD250

90 minutes AUD285

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 AUD250

90 minutes AUD285

Indian Head Massage

Beginning in a seated position with a focus on the head, neck and shoulder area, this tension-releasing massage uses pressure points and deep tissue techniques to ease tight muscles. A gentle facial massage of the nine Marma facial points is also included.

30 minutes AUD105

60 minutes AUD185

Foot Acupressure Massage

Our COMO Shambhala therapists understand how the feet respond to gentle pressure. Through thumb pressure and massage on the feet, this treatment can help to stimulate the body's natural recovery process and induce deep relaxation.

30 minutes AUD105

60 minutes AUD185

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 AUD285

120 minutes AUD350

FACIAL CARE

Sodashi Mankind Facial

The Sodashi Mankind Facial is specially formulated for men, with invigorating plant extracts such as Cedarwood, Lime and Cypress decongesting and restoring balance to the skin.

60 minutes AUD205

Microdermabrasion addon:

15 minutes AUD30

Foot Soothing treatment addon:

20 minutes AUD80

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 AUD105

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 AUD105

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 AUD110

Foot Acupressure Massage

30 minutes AUD105

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.

Sodashi Facial

30 minutes AUD115

Sodashi Eye Lift And Revive Treatment

30 minutes AUD115

WELLNESS PACKAGES

Restorative wellness takes time. Our COMO Shambhala Packages are longer, curated experiences that combine multiple treatments and modalities to offer targeted benefits – while still being achievable in a day.

COMO Shambhala Cleanse

Cultivate an approach to wellbeing that goes beyond skin-deep. This package combines movement, body treatments and massage therapies for a sense of active renewal and gentle cleansing, along with a small gift to continue inspiring a healthy lifestyle at home.

Inclusions:

- A 30-minute COMO Shambhala Skin Detoxifying Treatment: a scrub, shower with our PURIFY essential oil blend, to help detox and revive tired skin, assisting to improve circulation and skin tone
- A 60-minute Drainage Massage, designed to encourage lymph drainage, carrying toxins and waste away from the tissues, aiding the body's natural detoxification process
- A glass of COMO Shambhala Lean and Clean Green
- A 100ml bottle of our PURIFY blended massage oil, which combines cleansing fennel and citrus oils with the soothing effects of cypress and the refreshing scents of sweet grapefruit

Single AUD350, Couple AUD600

COMO Shambhala Sleep

Sleep is one of the most important components of wellness. This package sets you up for a night of true rest while you're with us. We will also suggest ways to adjust your home environment – your shower habits, aroma usage, meal schedules and more – for better sleep patterns, which will reduce stress and restore energy long-term.

Inclusions:

- A 60-minute COMO Shambhala Massage, which uses our signature blended massage oils that assist to completely calm the mind and gently rejuvenate the body
- A 60-minute Foot acupressure massage treatment, where our therapists apply gentle pressure to the body's reflex points in order to release stored tension
- A 10ml SLEEP essential oil blend to use in your bath later in the evening, helping you prepare for restful sleep

Single AUD385, Couple AUD630

COMO Shambhala Beauty

Restore your natural radiance – often dulled by the daily hustle. This package consists of intense personal care as our expert therapists treat your skin, muscles, nails and senses with a variety of indulgent experiences.

Inclusions:

- A 30-minute Indian Head Massage to help relieve stress-induced tension in the head, neck and shoulder areas
- A 60-minute COMO Shambhala Massage, using our signature blended massage oils to completely calm the mind and gently rejuvenate the body
- A 30-minute body scrub using our INVIGORATE exfoliant, to remove impurities and soften the skin
- A 30-minute Sodashi 'Stop and Relax' facial, to help improve complexion and leave your skin radiant
- A 30-minute manicure or pedicure to tidy and shape your nails
- A 10ml CALM essential oil blend to take home

Single AUD600, Couple AUD1100



COMO
SHAMBHALA
THE TREASURY