



COMO SHAMBHALA

## MASSAGE THERAPY

COMO Shambhala offers the best 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 \$175

90 minutes \$195

### DEEP TISSUE MASSAGE

COMO Shambhala's restorative Deep Tissue Massage relaxes the body, drains it of toxins and allows for the release of deeply held patterns of tension. The techniques used during this soothing treatment all help to increase blood and lymph flow, so muscles can once again operate at full capacity.

75 minutes \$180

90 minutes \$195

### PRENATAL MASSAGE

Our Prenatal Massage is a specially designed treatment suitable for all stages of pregnancy after the first trimester, and includes a floral footbath, full body massage and relaxing facial massage. Pregnancy massage pillows are used throughout to ensure total comfort.

75 minutes \$175

90 minutes \$195

### COMO SHAMBHALA BACK MASSAGE

This 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 \$95

### 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 Marma Point massage.

60 minutes \$145

### 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 \$145

## FACIAL CARE

COMO Shambhala offers holistic facial care for every skin type, including the latest in non-surgical anti-ageing treatments.

### SODASHI FACIALS

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 THERMAL INFUSING FACIAL

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

90 minutes \$215

#### SODASHI PURE RADIANCE FACIAL

A calming treatment to soothe and nourish 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 to strengthen capillaries and desensitise stressed skin. The face is left feeling revived, with a calm, even complexion.

Classic 60 minutes \$155

Eye lifting treatment add-on: 20 minutes \$70

Foot soothing treatment add-on: 20 minutes \$70

#### THE NVEY ECO HYDRO-RENEW

The Nvey Eco Hydro-Renew are a range of results-driven, targeted, antioxidant facials using 100 per cent organic serums. These facials can be layered, with additional options of microdermabrasion and the Microlift treatment, which uses super antioxidant serums to stimulate the body's natural bio-electrical rhythms.

Classic 60 minutes \$155

With Microdermabrasion 75 minutes \$185

With Hydro-Renew 90 minutes \$215

#### EYE AWAKENING TREATMENT: THE ESSENTIAL EYE TREATMENT

A powerful Mountain Pepper antioxidant is used to reduce puffiness, dark circles and fine lines under the eyes. The Eye Awakening Intensive Eye Treatment acts in combination with the Microlift process to produce visible results.

30 minutes \$85

## SPECIALLY CURATED FOR GENTLEMEN

At COMO The Treasury, we have a range of products and treatments tailored specifically to the unique needs of men's skin. Such treatments are designed to leave skin feeling fresh, youthful and invigorated.

### MANKIND SODASHI FACIAL

The Mankind Sodashi 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 \$155

Tired eyes therapy add-on: \$70

### MENS GROOMING MANICURE OR PEDICURE

30 minutes \$75

## 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 DETOXIFYING SKIN 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 deep 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 an hour-long COMO Shambhala Massage to further stimulate the body's natural detoxifying functions.

Classic	60 minutes	\$155
With Signature Massage	90 minutes	\$215
With Signature Massage	120 minutes	\$275

### SODASHI CONTOURING MARINE BODY WRAP

This treatment begins with 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, leaving skin toned and lustrous.

Classic	90 minutes	\$215
Eye lifting treatment add-on:	20 minutes	\$70
Foot soothing treatment add-on:	20 minutes	\$65

## BEAUTY CARE

Pamper yourself with a full manicure or pedicure combined with our signature COMO scrubs and lotions that will leave you feeling refreshed. Nourishing treatments for hands and feet including manicures, pedicures, soaks, scrubs and soothing massages.

### ESSENTIAL MANICURE

45 minutes

Classic – regular polish \$90

Weekly – gel polish \$95

### ESSENTIAL PEDICURE

45 minutes

Classic – regular polish \$90

Weekly – gel polish \$95

### MENS GROOMING PEDICURE

30 minutes \$75

## TREATMENT PACKAGES

COMO Shambhala experiences combine a variety of the best wellness treatments in Perth. Relax with our highly trained experts and indulge mind, body and soul.

### COMO SHAMBHALA INSIDE OUT

Enjoy a 75-minute COMO Shambhala Signature Massage followed by a one-course lunch and juice from our healthful COMO Shambhala Cuisine menu at Post restaurant.  
75 minutes \$210

### COMO SHAMBHALA FOR ME

Enjoy the best of both worlds, with a 60 minute COMO Shambhala Signature Massage followed by a 60 minute Sodashi Pure Radiance Facial.  
120 minutes \$275

### JET LAG RECOVERY

Relax with a 75-minute COMO Shambhala Signature Massage followed by a bright eyes treatment and indulgent foot soak, scrub and massage.  
120 minutes \$235

### ME TIME

De-stress with a 60-minute Indian Head Massage followed by a 30-minute Sodashi express facial.  
90 minutes \$205

### THE COMPLETE MAN

Designed for men, indulge in a 75-minute deep tissue massage followed by a 30-minute Mankind express facial. Finish with an express hand massage and nail file.  
120 minutes \$275

### MUM TO BE

For after the first trimester of pregnancy. Enjoy a 75-minute massage focusing on lower back and shoulders, as well as a scalp and face massage, foot soak scrub and pedicure.  
120 minutes \$235

### COMO SHAMBHALA TO SHARE

Relax as a couple with a 60-minute COMO Shambhala Signature Massage followed by a 30-minute express facial.  
90 minutes \$425

### COMO SHAMBHALA FOR US

Relax in our double treatment room with a 60-minute COMO Shambhala Signature Massage and 60-minute Sodashi Pure Radiance Facial.  
120 minutes \$495

### BRIDAL RADIANCE

Choose between a 60-minute COMO Shambhala Signature Massage or Sodashi Pure Radiance Facial, followed by a Classic Manicure or Pedicure with a glass of Taittinger Champagne.  
105 minutes \$255  
Available for groups of up to five people

## ADMISSION

All COMO The Treasury guests aged 16 and older are welcome to receive spa treatments.

## RESERVATIONS

Reservations can be made at the COMO Shambhala Urban Escape wellness reception or by dialing COMO Shambhala 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.

## HOURS OF SERVICE

COMO Shambhala:  
Daily 10am – 6pm

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 Urban Escape wellness reception team at least 12 hours in advance for arrangement. An additional surcharge of 50 per cent 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 consultation card. This is to check for contraindications to any treatments.

## CANCELLATION POLICY

Should you wish to cancel an appointment, please let us know at least 12 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 Shambhala 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 VOUCHERS

Gift an indulgent wellness experience at COMO Shambhala Retreat or COMO Shambhala Urban Escape. Choose from the complete menu of available wellness treatments, or give the gift of choice and purchase a voucher.



COMO SHAMBHALA

COMO Shambhala Urban Escape, COMO The Treasury  
1 Cathedral Avenue, Perth, WA, 6000 T (08) 6168 7877  
E [como.thetreasury@comoshambhala.com](mailto:como.thetreasury@comoshambhala.com) W [comoshambhala.com/perth](http://comoshambhala.com/perth)