COMO SHAMBHALA

MASSAGE THERAPY

COMO Shambhala offers a wide range of massage therapies. Our experts are trained in a variety of 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 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 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

Beginning in a seated position, our Indian Head Massage helps relieve stress-induced tension in the head, neck and shoulder areas. Warm oil is applied to the hairline to soothe the scalp followed by a gentle facial massage.
60 minutes $145
Foot soothing treatment add-on: 20 minutes $70

FOOT ACUPRESSURE MASSAGE

COMO Shambhala therapists use thumb acupressure and massage to help induce deep relaxation. By understanding how the body's organs respond to gentle pressure to areas on the feet, our experts use foot acupressure and massage to stimulate the body's natural healing processes. This is an especially nurturing treatment after a day travelling or walking.
60 minutes $145

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 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 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 30 Minute Massage	90 minutes $215
With 60 Minute 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:	15 minutes $70
Foot soothing treatment add-on:	20 minutes $70

BEAUTY CARE

Nourishing treatments for hands and feet including soaks, scrubs and soothing massages.

ESSENTIAL MANICURE
45 minutes

Classic – regular polish	$90
Weekly – gel based polish	$95

ESSENTIAL PEDICURE
45 minutes

Classic – regular polish	$90
Weekly – gel based polish	$95

MENS GROOMING PEDICURE
30 minutes $75

FACIAL CARE

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

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
Microdermabrasion add-on:	15 minutes $20
Foot soothing treatment add-on:	20 minutes $70

SODASHI MARINE MINERAL FACIAL

Experience the benefits of using active marine ingredients. Your skin will be mineralised and oxygenated leaving it firm and toned with an even complexion. It's the perfect pick-me-up for tired skin.

75 minutes $175

Microdermabrasion add-on:	15 minutes $20
Foot soothing treatment add-on:	20 minutes $70

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

Microdermabrasion add-on:	15 minutes $20
Foot soothing treatment add-on:	20 minutes $70

SODASHI SAMADARA ULTIMATE AGE-DEFYING EYE TREATMENT

This is the ultimate treatment for your eyes. Petite rose quartz crystals are used to gently massage around your eyes to restore tone, remove tension and reduce fine lines. Samadara Ultimate Age-Defying Eye Creme is applied under a mineral rich mask, which gently warms to enhance the absorption of plant essences in the deeper layers of your skin. Timeless anti-ageing techniques rooted in Ayurvedic healing traditions are performed over the eye area to complete this luxurious experience.

40 minutes $135

Microdermabrasion add-on:	15 minutes $20
Foot soothing treatment add-on:	20 minutes $70

SODASHI SAMADARA ULTIMATE AGE DEFYING FACIAL TREATMENT

The Age-Defying Facial is designed to reawaken the skin's natural healing energies. This intensely hydrating and nourishing treatment increases firmness and elasticity, diminishes the appearance of fine lines and restores a youthful glow.

With Thermal Infusing Mask	105 minutes $285
With Clay Mask	75 minutes $225
Microdermabrasion add-on:	15 minutes $20
Foot soothing treatment add-on:	20 minutes $70

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 $155

Microdermabrasion add-on:	15 minutes $20
Foot soothing treatment add-on:	20 minutes $70

TREATMENT PACKAGES

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

ME TIME
De-stress with a 60-minute Indian Head Massage followed by a 30-minute Sodashi Express Facial.
90 minutes $205

COMO SHAMBHALA FOR ME
Enjoy a combination of your chosen experiences to truly indulge and unwind the body and soul. Choose from the Harmony, Bliss and Renew options below.
120 minutes $275
For us package, for two people 120 minutes $475

Harmony | 60-minute Signature Massage with 60-minute Sodashi Pure Radiance Facial
Bliss | 30-minute Back, Neck and Shoulder massage with 90-minute Sodashi Thermal Infusing Facial
Renew | 45-minute COMO Shambhala Skin Detoxifying Treatment with a 75-minute Deep Tissue Massage

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

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
After the first trimester of pregnancy, enjoy a 75-minute massage focusing on the lower back and shoulders, as well as a head and face massage, foot soak scrub and pedicure.
120 minutes $235
Parents to be, for two people 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.
105 minutes $255
Available for groups of up to five people

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

DISCOVER COMO SHAMBHALA
This one-night accommodation package offers complete relaxation from the moment you arrive. Enjoy two 75-minute COMO Shambhala Massages, COMO Shambhala gift set and breakfast at Post.
From $990 for two 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 to arrange. 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 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 W comoshambhala.com/perth