



INSPIRING COMMITMENT  
TO LIFELONG WELLNESS

**Admission**

All COMO Laucala Island guests aged 16 years and above may use our COMO Shambhala Retreat facilities.

Our COMO Shambhala Retreat facilities include four treatment villas, of which two have steam rooms.

**Reservations**

Reservations can be made at the TAU Concierge or by dialling Concierge or operator on your in-room telephone.

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 Retreat is open from 10.00am to 6.00pm (extended hours upon request).

The fitness centre is available for use 24 hours a day.

**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. Dress in light clothing since you will be required to change into bathrobes before your treatment.

**Valuables**

We advise you not to bring any valuables during your visit. COMO Shambhala and COMO Hotels and Resorts accepts no responsibility for the loss of money or valuables of any kind.

**Charges**

All services are subject to 15 per cent government tax.

**Gift Certificates**

Gift an indulgent wellness experience at COMO Shambhala. Choose from the complete menu of available wellness treatments or purchase a gift certificate.

**Cancellation Policy**

We prepare the freshest ingredients for many of our treatments. Cancellations must be made at least four hours prior to your appointment; late cancellations will incur a fee.

# 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.

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## **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.

60 minutes US\$200

90 minutes US\$240

## **Thai Massage**

An oil-free massage where our therapist works your pressure points, and stretches you manually in yoga-like movements. This massage assists to increase your energy levels and encourages the body to release tension. Comfortable clothing is provided.

60 minutes US\$200

90 minutes US\$240

## **Foot Massage**

This massage is based on reflexology: the ancient therapy that links areas of the foot to specific parts of the body. By stimulating the feet, we aim to restore balance and reduce congestion in the corresponding anatomy.

60 minutes US\$120

## **Hot Stone Massage**

A powerfully therapeutic massage utilising hot and smooth oiled river stones. The hot stones glide along muscles, warming and loosening knots, correcting tensions at the deepest level. This melting sensation promotes a profound sense of relaxation.

90 minutes US\$240

## **Fijian Bombo Massage**

This Fijian Massage uses traditional techniques that employs the therapist's hands, forearms, elbows and feet. This treatment can be done at our spa or in the privacy of your Residence.

60 minutes US\$200

90 minutes US\$240

## **Deep Tissue Massage**

Our restorative Deep Tissue Massage relaxes the body, drains it of toxins and releases deeply held patterns of tension. The techniques used during this treatment all help to increase blood and lymph flow, so muscles can operate at full capacity.

60 minutes US\$210

90 minutes US\$260

## **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 US\$180

## **Couple's 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 US\$225

## FACIAL CARE

Our treatments use island-grown ingredients that are carefully curated for your skin needs.

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### **Classical Facial**

The secret to glowing skin is correct cleansing and nourishing. This tailored facial treatment uses island honey, cucumber, jojoba and jasmine essential oil to restore vitality and brightness. Recommended for normal, sensitive and combination skin types.  
60 minutes US\$150

### **Rebalancing Facial**

Ideal for mature or dry skin types, this facial features pure, natural white clay that is rich in minerals and vitamins, and absorbs excess oil. Besides deep cleansing, this treatment also features a facial pressure point and lymphatic drainage massage. Subject to therapist recommendation, this treatment can also feature steaming and extraction.  
60 minutes US\$150

### **Natural Facial**

This treatment assists to enhance the complexion and revive tired skin. It uses fresh cucumber, sesame seeds, turmeric powder, homemade yoghurt, and honey with a refreshing lavender scent. Recommended for sensitive skin types.  
60 minutes US\$150

### **Herbal Compress Facial**

Good for all skin types, this facial combines organic herbal ingredients with traditional Fijian application techniques that improve blood circulation while leaving your skin purified and nourished.  
90 minutes US\$200

## 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.

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### 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 US\$300

### After Sun Soother

Aloe vera and cucumber are both known for their cooling, soothing, hydrating properties and are the star ingredients of this after-sun treatment. This treatment begins with a cold, lavender-scented compress followed by a cooling body mask and a scalp massage.

45 minutes US\$130

### Laucala Island Signature Treatment

Our resort's signature treatment starts with a deep-cleansing salt scrub that uses honey, yoghurt and coconut oil. Papaya that we collect from around the island is then wrapped around the body with banana leaves to help the fruit's vitamin A, C and E absorb into the skin. Then, a relaxing Vichy shower before a 60-minute COMO Shambhala Massage.

120 minutes US\$300

### BATHS

**Bathing can be a powerful daily ritual that not only cleanses the body but purifies the mind. Baths in COMO Shambhala Retreat take place in our outdoor bathtub that overlooks the ocean, surrounded by the sounds of nature.**

**45 minutes US\$110**

### Laucala Island Coconut Bath

Experience a nurturing Fijian bath ritual that uses the fresh milk of coconuts collected from our island. This bath requires advance booking of at least 24 hours to allow us time to prepare the ingredients.

### Senikau Bath

'Senikau' means 'blossom' in Fijian, and this treatment combines many of the tropical flowers found around the island. Soak in truly luxurious bath that immerses you in a lush array of aromas and colours.

## **BODY SCRUBS AND WRAPS**

Scrubs polish the skin to promote a youthful, hydrated complexion. Wraps help potently nourishing ingredients to penetrate deeper into the skin to cleanse and calm. All our body scrub and wrap treatments include Vichy shower therapy.

45 minutes scrubs US\$110

45 minutes wraps US\$120

Each body scrub and wrap experience can be enhanced with a 60-minute COMO Shambhala Massage for an additional US\$200.

## **SCRUBS**

### **Coconut Body Polish**

Fresh coconut collected from the island is used to exfoliate the skin and leave it feeling like silk. Ideal before and after days in the sun.

### **Sugar Crystal Body Polish**

Brown sugar, hibiscus flowers from around the island and coconut oil helps to stimulate blood circulation.

## **WRAPS**

### **Detoxifying Micro Algae Wrap**

This wrap features pure spirulina seaweed, which is rich in minerals, vitamins, proteins and has a potent antioxidant effect that helps with some skin conditions.

This treatment can also assist to relieve muscular aches and strains.

### **Volcanic Clay Body Wrap**

Volcanic clay has unique anti-inflammatory properties, as well as brightens and smooths the skin's appearance. This wrap helps to reduce the accumulation of dead skin cells and impurities that may clog pores over time.

## SALON SERVICES

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### **Coconut Hair and Scalp Restoration**

Coconut trees are known as the 'Trees of Life' in Fiji. For this treatment, we collect fresh coconuts from around the island and strain their milk. The coconut milk is used to cleanse, condition and nourish the hair. A herbal mask is applied afterwards for added shine. The restoration is finished with a scalp massage to stimulate blood circulation and leave you refreshed.

60 minutes US\$120

### **Essential Manicure**

Our manicure features a cleansing hand bath, followed by a coconut scrub and gentle massage before we tidy the nails and cuticles.

45 minutes US\$80 (includes nail polish)

### **Essential Pedicure**

This treatment includes a warm foot flower bath, exfoliation and a gentle foot and calf massage to enhance blood circulation.

60 minutes US\$100 (includes nail polish)

## 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.

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### 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.

60 minutes US\$200

90 minutes US\$240

### 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.

60 minutes US\$200

90 minutes US\$240

### 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 US\$180

### 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 US\$295

120 minutes US\$395

### NAIL CARE NOURISHING TREATMENTS FOR HANDS AND FEET.

#### 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 to leave hands feeling soft and smooth.

30 minutes US\$60

#### Pedicure

A 30-minute pedicure that comprises a warm foot soak, 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 US\$75



## MIND BODY DISCIPLINE

We offer complimentary private fitness sessions conducted by our accredited trainer. Your Tau can assist with making reservations.

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### **Assisted Stretching**

A private session of assisted stretching is the ideal way to end your workout, when your muscles are warm. Your trainer will work into targeted areas of the body, helping to relieve general muscle tightness and improve flexibility.  
45 minutes

### **Core Connection**

A functional fitness class focused on strengthening, toning and stretching your midsection. The class also aims to provide a holistic understand of the muscles that form a strong core.  
45 minutes

### **Personal Training**

Work closely with our trainer on a programme that addresses your individual needs and goals. Sessions will be tailored to all levels of fitness.  
60 minutes



COMO  
LAUCALA ISLAND