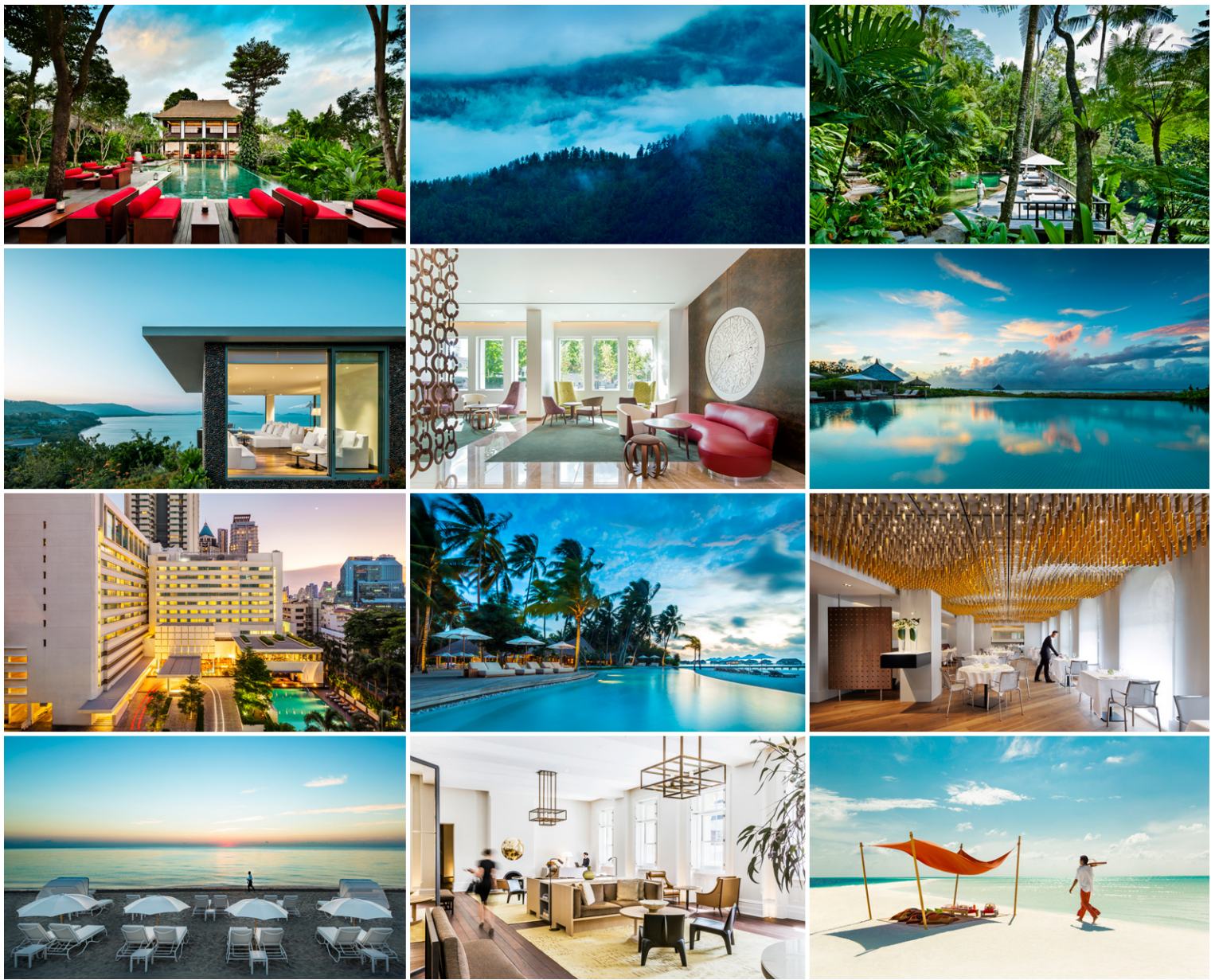




COMO SHAMBHALA  
ESTATE  
Fact Sheet





# COMO

HOTELS AND RESORTS

COMO Hotels and Resorts celebrates individual spirit. Our hotels and resorts worldwide are entirely different from each other while sharing respect for exceptional cuisine, meaningful wellness, contemporary design, local culture, environment and service.

We also strive to deliver experiences that are unique to you and the country you are visiting from our city hotels in London, Miami Beach, Perth and Bangkok, to island retreats in the Maldives, Turks and Caicos and Thailand, from wild lodges in Bhutan's Himalayan valleys to our wellness resort in Bali.

This anti 'cookie-cutter' approach is what makes our special events stand apart, from high-profile weddings on one of our private islands, to corporate events or incentive trips. Whatever the scale, we obsess about the detail, turning ambitious ideas into unforgettable, fuss-free occasions.





## COMO Shambhala Estate

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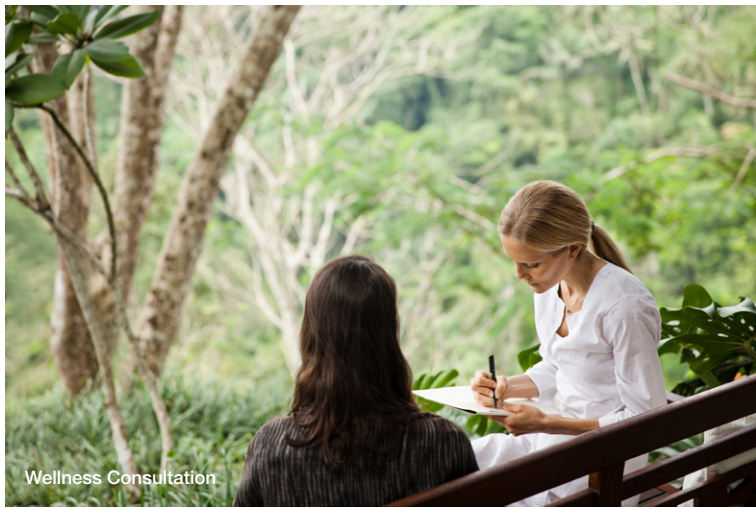
**W.** [comohotels.com/comoshambhalaestate](http://comohotels.com/comoshambhalaestate)

The Estate is a 20-minute drive from Ubud and a 90-minute drive from Ngurah Rai International Airport

COMO Shambhala Estate is a residential health retreat, set in a spiritual enclave of jungle, river and sun-rich clearings just north of Ubud.

This 'retreat for change' combines holistic wellness with state-of-the-art facilities and exceptional villa accommodation. Specialists in yoga and Pilates work in harmony with guides for mountain biking, hiking, climbing, white-water rafting and outdoor circuit training, offering a 360-degree approach to wellness. Asian therapies and healthful cuisine form part of dynamic packages created according to personal requirements, helping guests make informed life changes that will last well beyond their stay.





Wellness Consultation



COMO Shambhala Cuisine



Yoga

## Wellness Programmes

Our wellness programmes help guests improve specific areas of their wellbeing through targeted therapies, healthy eating options and expert consultations. Programmes can be booked with any stay of three days or longer.

**Rejuvenation:** This programme combines beauty treatments, mind-body exercise and expert nutritional advice from our Resident Nutritionist to help reclaim mental and physical youthfulness.

**Ayurveda:** Ayurveda is a 2,000-year-old healing science for the body and mind. The Estate's Ayurvedic Doctor will recommend an all-natural treatment plan, tailored to the individual's 'Prakriti' (constitution). This may include Ayurvedic therapies, a clean-eating plan, Ayurvedic medicine and therapeutic yoga sessions.

**Oriental Medicine:** Traditional oriental medicine restores health by balancing the body's natural energy system. Specific treatments such as acupuncture, herbal medicine, nutritional therapy and meditation classes will be suggested following an oriental medicine consultation.

**Stress Management:** This is a popular programme amongst high-flying professionals searching for relief from the pressures of modern life. Our experts will suggest relaxing therapies such as massages, outdoor pursuits, meditation and breathing classes to experience at the Estate, as well as lifestyle advice to take home.

**Be Active:** This inspiring programme incorporates fitness and nutrition consultations, with personal training and Pilates classes to help tone the body and mind. Guests will leave motivated, with a positive attitude towards healthy, active living.

**Cleanse:** This detox programme cleanses the body of toxins which can accumulate over time. Our consultants will prescribe targeted nutrition, daily therapies and specific exercises, all of which will improve the body's detoxification pathways.





## Visiting Consultants and Retreats

COMO Shambhala Estate regularly welcomes world-renowned specialists to visit our retreat, offering our guests consultations, talks, private classes and more.

Retreats and workshops are also available at the Estate, each designed to enhance our regular yoga and clinical Pilates classes, giving additional insight into specific areas of personal wellness.







Treatment Pavilion in Kedara



Ojas Relaxation Area



Yoga

## Health and Fitness

### Facilities:

- 12 treatment rooms and bales
- Outdoor hydrotherapy area with vitality pool
- Yoga bale and yoga pavilion
- Pilates studio
- Separate male and female sauna and steam room
- Consultation rooms
- Chemical-free spring water pools
- State-of-the-art gym with weights and cardio equipment
- Outdoor jungle gyms
- Climbing wall
- Tennis court
- 25m swimming pool
- Meeting room

### Treatments

More than 20 Asian-inspired and Western holistic treatments, developed by COMO Shambhala.

### Specialisations

Expert consultants and therapists with more than eight specialisations, including Ayurveda, reflexology, yoga, Pilates, nutrition and oriental medicine.

### Programmes

Programmes run for a minimum of three nights, and include Ayurveda, Be Active, Cleanse, Oriental Medicine, Rejuvenation, and Stress Management. Programmes generally include an initial wellness consultation, prescribed treatments, daily breakfast, lunch and dinner and participation in the Estate's complimentary scheduled activities.

### Retreats

Retreat programmes are specialist weeks led by visiting consultants focusing on specific subjects such as yoga or Pilates.





Retreat Pool Villa



Private Villa



Private Villa

## Accommodation

**30 rooms, suites and villas comprising:**

**5 Residences:** Guests can take an individual room or suite in a Residence, and share some facilities (such as the pool) with other guests while still maintaining privacy. Alternatively, the Residences are well suited to a family group or friends when taken over on an exclusive basis.

The five Residences, each with four or five rooms or suites and a large swimming pool, reflect the natural environment. They feature expansive lounge areas for escaping the sun and a study room which may also be configured as a private treatment room, library or bedroom.

**5 Retreat Pool Villas:** These villas are ideal for guests wanting to experience our COMO Shambhala treatments in the comfort of their own villa, with spacious lounge areas and infinity pools that overlook the lush forest. The two one-bedroom Retreat Pool Villas are adjacent to Ojas – one of the Estate’s principal wellness areas – while the three two-bedroom Retreat Pool Villas are located by the tennis courts. In each of these two-bedroom villas, the second bedroom has its own private entrance.

**4 Private Villas:** The four standalone Private Villas (two with two bedrooms, two with three bedrooms) feature assorted living spaces and private pools. They are designed by architect Cheong Yew Kuan in conjunction with interior designer Koichiro Ikebuchi.





Wanakasa



Bayugita



Umabona

## Residences

Each of our Residences are themed around a different natural element.

**Bayugita (Wind Song):** This Residence combines the traditional clean lines of Balinese design with details from colonial Java, such as Victorian antique baths and Venetian beds.

Comprising: One COMO Shambhala Suite, two Terrace Suites and one Garden Room

**Umabona (House of the Earth Son):** This Residence has stunning views towards Mount Batukaru, with an aesthetic that takes its influence from the Majapahit palaces. Interior details include hand carvings, fine antiques, courtly furniture, richly painted walls and precious textiles.

Comprising: Two-Bedroom COMO Suite, two Terrace Suites and one Garden Room

**Wanakasa (Forest in the Mist):** This Residence sits amongst the trees, the semi-circular edge of its private pool echoing the bend of the Ayung River 100 metres below. Teak floors and ironwood-shingle roofs provide the atmosphere of a five-star treehouse.

Comprising: One COMO Shambhala Suite, two Terrace Suites and two Garden Rooms





Tirta Ening



Tejasuara



Tirta Ening

## Residences

**Tirta Ening (Clear Water):** This Residence is dominated by a 91sq m principal COMO Shambhala suite with an exquisite Japanese water garden and waterfall. The entire Residence has a truly Zen feel, with a floating pavilion constructed from yellow rock and teak.

Comprising: One COMO Shambhala Suite and three Terrace Suites

**Tejasuara (Sound of Fire):** 1,200 tonnes of stone were imported from the nearby island of Sumba to construct this bold Residence, finished with tribal cloth furnishings, black bamboo beds, thatch roofing and a fire pit that burns beside the infinity pool.

Comprising: One COMO Shambhala Suite and three Terrace Suites

All rooms and suites sleep up to two people, with the exception of the COMO Suites which can sleep up to four people in two bedrooms. Guests in all rooms and suites have access to their Residence's private pool, sun decks and dining pavilion.





Wanakasa Garden Room



Tirta Ening Terrace Suite



Umabona Garden Room



Tejasuara COMO Shambhala Suite



Bayugita Terrace Suite Courtyard



COMO Suite at Umabona

## Residences Rooms and Suites

**Garden Room** (32-45sq m/ 344-484sq ft): Our Garden Rooms are the most intimate we have, featuring king-sized or queen-sized beds and access to their Residence's shared pool, lounge and dining areas.

**Terrace Suites** (45-80sq m/ 484-861sq ft): Like our Garden Rooms, each Terrace Suite affords access to the Residence's shared pool, lounge and dining areas. The Terrace Suites also have their own private outdoor area – either a terrace or garden.

**COMO Shambhala Suites** (70-96sq m/ 753-1,033 sq ft): These are the principal suites in the Residences. Each has an interior which has been individually decorated with Indonesian antiques, and a generous en-suite with private Jacuzzi. COMO Shambhala Suites also have access to the Residence's shared pool, lounge and dining areas.

**COMO Suite at Umabona** (308sq m/ 3,315sq ft): It features two king-sized suites, a Jacuzzi and its own private infinity pool as well as small indoor plunge pool. Its living room provides ample space for casual entertaining, while the dining room makes the perfect place for romantic dinners, or intimate family meals.





One Bedroom Retreat Pool Villa

## Guest Room Features

- Individually controlled air conditioning
- Direct-dial telephone
- Complimentary Wi-Fi access
- Satellite TV and DVD player
- Electronic personal safe
- Private bar
- Yoga mat
- COMO Shambhala bathroom amenities
- Complimentary coffee, tea and bottled mineral water

## Guest Services

- Personal assistant
- Travel and tour assistance
- Car services
- Multilingual hotel staff
- Fitness centre
- Airport transfers
- In-room dining
- Laundry and dry cleaning service
- Resident doctor (on-call after hours)
- Babysitting services
- Guided walks and excursions
- 24/7 concierge and secretarial services





glow



Kudus House



COMO Shambhala Cuisine

## Restaurants

**glow:** Serves healthful menus for lunch and dinner, with options from the COMO Shambhala Cuisine menu – our range of delicious dishes with specific nutritional values – including salads, energising juices and blends rich in living enzymes, vitamins and minerals. COMO Shambhala Cuisine is an integral part of the Estate’s holistic wellness ethic. Lunch is from 11.00am to 6.00pm, and dinner is 6.30pm to 11.00pm. Sunday brunch is available from 11.00am to 2.30pm.

**Kudus House:** Serves breakfast and dinner, showcasing diverse influences from Indonesia’s regions. Open for dinner every Monday, Wednesday and Friday, from 6.30pm to 11.00pm.

**In-room dining:** Menu selections include COMO Shambhala Cuisine. Available 24 hours.





Picnic Lunch

## Themed Dinners

### **Picnic Lunch**

Enjoy a picnic beside our spring water pools and cascading waterfall.

### **glow's Sunday Brunch**

On Sundays at our healthy glow restaurant we offer a popular brunch, memorable not only for the lively, flavourful cuisine but the occasion's informal style.

### **Full Moon Dinner**

The full moon is celebrated every month as an important event in the Hindu calendar, dedicated to the Moon Goddess, Purnama. Guests can make a 'canang sari', or special Balinese offering, then join a traditional ceremony before a special dinner of the classic Balinese bebek betutu (Balinese roast duck).



'Real Toast' With Avocado Crush,  
Heirloom Tomatoes and Cucumber





Vitality Pool



Mountain Biking



Natural Spring Pool



Picnic Area



Rice Paddy Walk



Meditation




Climbing Wall

## Activities

- Guided scenic nature trails, rice paddy walks and hiking
- Aqua circuit training in the Vitality Pool
- Climbing
- Outdoor circuit training
- Mountain biking
- Swimming
- Flood-lit outdoor tennis
- Custom-designed cultural/special interest tours
- Museum, temple and gallery visits
- Meditation
- Yoga
- Pilates mat classes
- TRX (total body resistance training)
- Water blessing at The Source





## Awards

2017

**Condé Nast Traveller Gold List**

**Condé Nast Traveller Readers' Travel Award**  
Most Beautiful Spa and Wellness Resorts (Winner)

2016

**Condé Nast Traveller Readers' Travel Awards:**  
Best Destination Spa (Ranked Third)

**Bilanz's Best 100 Holiday Resorts (7th)**

**SpaFinder Wellness Travel Awards:**  
Best Eco-Friendly and Sustainable Property  
Best for Fitness  
Best for Mind and Spirit  
Best for Nutrition and Healthy Cuisine  
Best for Yoga  
Best for Weight Loss Program

2015

**Condé Nast Traveller Readers' Travel Awards:**  
Best Destination Spa  
The World's Top 100

2014

**Condé Nast Traveller Readers' Travel Awards:**  
Best Destination Spa  
The World's Top 100

**AsiaSpa Awards:**

Holistic Treatment of the Year (Oriental Medicine Programme)

**Global Travel Experience Awards (China):**

Best Spa & Wellness Programme

**Harper's BAZAAR Spa Awards:**

All Natural Treatment (Warm Muscle Wrap Category)



# COMO

HOTELS AND RESORTS

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## COMO ON THE BEACH

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Maldives  
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### COMO ECHO BEACH, BALI (opening 2017)

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