



COMO SHAMBHALA

INSPIRING COMMITMENT  
TO LIFELONG WELLNESS

### **Admission**

All guests wishing to use the services and facilities of Kandooma Spa must be aged 16 or older, unless accompanied by an adult. Guest who have booked spa treatments have complimentary use of the changing room facilities, jacuzzi and steam room on the days of their treatment. Guest using these facilities without a spa treatment appointment for that day will be charged. For treatment requests for guests under the age of 16 years, please see our Kandooma Spa reception team for details and reservations.

### **Reservations**

Reservations can be made at the Kandooma Spa reception or by dialling extension 7166 on your in-room telephone. If calling from outside Holiday Inn Resort Kandooma Maldives, you can dial +960 665 7168. 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**

Kandooma Spa: 9am - 9pm

### **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 Kandooma Spa, 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 four hours beforehand or a 50 per cent cancellation fee will be charged. No-shows will be also charged at the full treatment price.

### **Valuables**

Whilst locker facilities are provided, 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.

### **Charges**

All services are subject to 10 per cent service charge and prevailing government tax.

### **Gift Certificates**

Gift an indulgent wellness experience at Kandooma Spa. 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 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\$110

90 minutes US\$140

\*Our COMO Shambhala therapists have been trained and are accredited by Wellness for Cancer to work with individuals touched by cancer. Please let us know if you would like a modified treatment.

## **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\$110

90 minutes US\$140

## **Indonesian Massage**

This authentic Indonesian Massage uses our signature blended oil to help rejuvenate the body. Our experts incorporate both rolling and kneading strokes, providing a good therapeutic workout and inducing deep relaxation.

60 minutes US\$100

90 minutes US\$130

## **Thai Massage**

Thai Massage assists in unblocking trapped energy and improves vitality. With this type of healing treatment – sometimes known as passive yoga – our expert COMO Shambhala therapists manoeuvre your body into yoga-like stretching positions, applying pressure along the meridians and mobilising joints. No oil is used during this treatment and Thai pyjamas are provided.

60 minutes US\$100

90 minutes US\$130

## **Prenatal Massage**

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

75 minutes US\$125

90 minutes US\$140

## **Manual Lymphatic Drainage**

Manual lymphatic drainage (MLD) is a type of gentle massage designed to encourage lymph drainage, carrying toxins and waste away from the tissues, aiding the body's natural detoxification process.

60 minutes US\$110

75 minutes US\$125

### **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\$100

### **Reflexology**

COMO Shambhala therapists use reflexology to help induce deep relaxation. By understanding how the body's organs respond to gentle pressure to reflex points on the feet, our experts can use reflexology to stimulate the body's natural healing processes. This is an especially nurturing treatment after a day's travelling or walking.

60 minutes US\$100

### **Hot River Stone Massage**

COMO Shambhala's Hot River Stone Massage is a powerful therapeutic treatment that uses smooth, warm oiled stones to promote a profound sense of relaxation. Gliding the stones along the muscles, the massage corrects tensions at the deepest level, addressing deep-held muscular knots. The treatment also involves dynamic stretches.

90 minutes US\$175

## 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\$190

### **Javanese Royal LuLur Bath**

This deeply luxurious treatment is a traditional beauty regime at the Royal Palaces of Central Java, where the treatment's techniques were first derived. It is perfect for tired skin, combining a soothing Indonesian Massage with an invigorating body scrub and an aromatic bath. The treatment concludes with the application of body lotion to soften and fully hydrate the skin.  
120 minutes US\$190

### **COMO Shambhala Sun Soother**

This soothing face and body treatment is designed specifically for use after excessive sun exposure, nourishing and comforting the skin as well as reducing heat and redness.  
60 minutes US\$110  
90 minutes (with 30 minutes massage)  
US\$170

### **Rejuvenating Body Treatment**

This treatment begins with a Dosha assessment of your body type, inspired by ancient philosophical tradition, to determine individual needs. This is followed by a soothing Abhyanga back massage using warm herbal oil, a purifying exfoliation, and the application of a herbal body mask. The process will be repeated on the front of your body, before concluding with a therapeutic facial and hydrating massage.  
90 minutes US\$150

## 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.

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### **SUNDĀRI FACIAL**

**SUNDĀRI body and skincare products adhere to Ayurvedic principles based on an ancient eastern philosophy. This is combined with the finest quality ingredients from nature, delivering a holistic approach to wellness that results in outer radiance and inner serenity. SUNDĀRI is an essential part of a lifestyle that enables you to achieve harmony and balance in mind and body.**

#### **Sundāri Age Defying Firming Facial**

The SUNDĀRI Age Defying Firming Facial, using the regenerative properties of Gotu Kola, helps to reclaim your skin's youth. Not only does it feel luxurious, Gotu Kola instantly exfoliates, firms and improves tone and texture.

60 minutes US\$110

#### **Sundāri Intensive Healing Facial**

The SUNDĀRI Intensive Healing Facial is suitable for very sensitive skin and utilises the purifying benefits of Neem, known in India as the 'pharmacy tree'. Organic plant extracts are combined with soothing oil to heal, hydrate and firm – restoring balance to sensitive or irritated skin, helping it to regain its youthful glow.

60 minutes US\$110

#### **Sundāri 'Essential Supplifying' Facial**

The SUNDĀRI Essential Supplifying Facial breathes new life into dry or stressed skin with a deeply nourishing and intensely hydrating treatment. The treatment will start with a relaxing Abhyanga back massage, followed by application of SUNDĀRI's Omega3+ complex, using naturally active ingredients to restore lost skin lipids. Skin is left softened and renewed, with a natural glow.

90 minutes US\$170

#### **Sundāri Beautiful Eyes**

The luxurious SUNDĀRI Beautiful Eyes treatment hydrates and firms the delicate eye area. Assisted by penetrating age-defying formulas, this treatment also soothes puffiness, and hydrates and relieves tired eyes.

30 minutes US\$80

#### **Sundāri Firming Neck Treatment**

The SUNDĀRI Firming Neck Treatment helps you reclaim a healthy appearance to the neck area. First, an active exfoliation with enzymes and bamboo extract reduces roughness, uneven pigment and loose skin. Then an energising mask and massage, utilising the rejuvenating effects of Gotu Kola, leaves skin firm, smooth and restored.

30 minutes US\$80

## BEAUTY CARE

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

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### **WAXING**

We offer a range of hair-removal treatments administered by our expert staff, each one designed to leave skin feeling soft and smooth.

#### **Full leg**

US\$80

#### **Half leg**

US\$45

#### **Underarm**

US\$30

#### **Bikini Line**

US\$50

### **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.

45 minutes US\$60

#### **Essential Pedicure**

A lasting pedicure in the colour of your choice.

60 minutes US\$75

## 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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### MASSAGE THERAPY

#### COMO Shambhala Massage

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#### Deep Tissue Massage

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#### Indonesian Massage

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#### Indian Head Massage

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#### Reflexology

COMO Shambhala therapists use reflexology to help induce deep relaxation. By understanding how the body's organs respond to gentle pressure to reflex points on the feet, our experts can use reflexology to stimulate the body's natural healing processes. This is an especially nurturing treatment after a day's travelling or walking.

60 minutes US\$100



## **BODY THERAPY**

### **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 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.

60 minutes US\$95

120 minutes (with 60 minutes massage)  
US\$195

## **Facial Care**

### **Sundāri Gentlemen's Facial**

The SUNDĀRI Gentlemen's Facial is a targeted face, eye and neck treatment for the unique needs of men's skin, using the healing powers of Neem. The skin is infused with nutrients while an intense enzyme exfoliation firms, soothes and hydrates.

75 minutes US\$125

## **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 US\$40

### **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 US\$42

## KIDS MENU

Positive wellbeing is important at any age. At COMO Shambhala, our goal is to support children and teenagers to live well, think positively and lead active, enriching lives.

All of our treatments have been curated to specifically benefit the younger body and mind. We aim to reduce stress hormone levels, promote rejuvenating sleep, encourage proper posture and create an environment where younger people can find fulfilment away from technology – helping them discover their joyfulness within.

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### **COMO Shambhala Massage for Children**

This nurturing massage, using our signature blended massage oil, is aimed at calming excited minds and rejuvenating tired bodies – perfect for children in need of a boost.

30 minutes Foot or Back Massage US\$55

45 minutes Full-body Massage US\$76

60 minutes Full-body Massage US\$88

### **Cleansing Facial**

Specially designed for delicate skin, this treatment provides a light cleanse for young complexions.

30 minutes US\$55

### **Children's Manicure**

This manicure is a soothing treatment for busy hands, beginning with a warm hand soak in aromatic water, followed by a gentle exfoliation. Next, a calming massage will leave hands feeling soft and smooth. For the finishing touch, children can choose their favourite polish colour to add to their manicured fingernails.

30 minutes US\$30

### **Children's Pedicure**

This relaxing pedicure comprises a warm foot soak, a gentle exfoliation and a massage using COMO Shambhala New Skin Oil – a real treat for active feet. Lastly, toenails are filed and painted in your child's favourite colour.

30 minutes US\$40

### **Wellness Path For Young Ones**

Young ones can get a taste of COMO Shambhala relaxation with this nurturing wellness path, aimed at relaxing the mind and body. They can choose between a 30-minute back massage, foot massage or facial, before enjoying a mini manicure and pedicure. They can also opt to have their nails painted in their favourite colour.

60 minutes US\$95

75 minutes US\$115

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Please note, treatments lasting 30 minutes are for children under the age of 10; treatments lasting 45-minutes and above are for children aged 10 and over.

#### **Terms and conditions**

- To ensure that children do not have adverse reactions to any products used in the treatment, patch tests of products must be conducted three to four hours ahead of the treatment.
- Guests must be aged between five and 15 years old
- Treatments will be performed in a designated part of Kandooma Spa.
- Undergarments or disposable underwear must be worn by the minor guest during all treatments.
- Parents are required to be present during the treatment.
- A Minor Guest Client Form must be signed by a parent or guardian prior to the treatment.
- A parent or guardian must be present at all times in the treatment room. If the parent or guardian leaves the room then the treatment will stop. However, the full treatment cost will still be charged.

KANDOOMA  
*SPA*