

KANDOOMA
SPA

INSPIRING COMMITMENT
TO LIFELONG WELLNESS

KANDOOMA SPA, MALDIVES

Kandooma Fushi South Male Atoll Republic of Maldives

T. +960 665 7168 F. +960 665 7169 E. kandooma@comoshambhala.com

MANAGED BY COMO SHAMBHALA

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 and jacuzzi and steam room on the days of their treatment. Please note that access to the steam room is available at US\$30 for 30 minutes. 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: 9.00am – 9.00pm

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.

COMO Shambhala Massage

Our signature massage 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.

COMO Shambhala Back Massage

This firm, invigorating 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 US\$80

Deep Tissue Massage

This restorative massage is a 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

Surfer's Massage

This treatment is tailored to the needs of the surfer to reduce tension in the neck and shoulders, resulting in increased blood circulation and flexibility of muscle and joints.

Regular massages can help with recovery after each surf session and prevent soreness and stiffness.

45 minutes US\$80

Prenatal Massage

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

75 minutes US\$125

90 minutes US\$140

Manual Lymphatic Drainage

This gentle massage helps to cleanse the body of unwanted toxins, giving your body a 'reboot' so it can function more efficiently.

60 minutes US\$110

75 minutes US\$140

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

Foot Acupressure Massage

Our COMO Shambhala therapists understand how the feet respond to gentle pressure. Through thumb pressure and massage on the feet, this treatment can help to stimulate the body's natural recovery process and induce deep relaxation.

30 minutes US\$50

60 minutes US\$100

Hot River Stone Massage

This is a powerful therapeutic treatment where smooth, warm oiled stones are used to ease tension and promote a deep state of relaxation. By firmly gliding the stones along the muscles, the massage relieves tensions and deep-held muscular knots. The treatment also involves dynamic stretches.

90 minutes US\$175

Couple Massage Workshop

A couple's private 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. You will receive a back muscle anatomy for you to make notes and refer to after the experience

75 minutes US\$150

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 Bath

Our cleansing COMO Shambhala Bath treatment gently exfoliates and softens the skin. After dry brushing your body, our therapists will apply COMO Shambhala's Body Scrub. Once this has been absorbed into the skin, enjoy an invigorating bath before the session concludes with our signature COMO Shambhala Massage.

120 minutes US\$190

COMO Shambhala Skin Detoxifying Treatment

Designed to improve circulation and skin tone, our COMO Shambhala Skin Detoxifying treatment helps to cleanse and revive tired skin. Using our signature products to exfoliate and moisturise, this therapy stimulates the lymphatic system to restore a healthy glow

45 minutes US\$80

75 minutes (with 30 minutes massage) US\$105

105 minutes (with 60 minutes massage) US\$150

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\$120

90 minutes (with 30 minutes massage) US\$170

Rejuvenating Body Treatment

Starting with a Dosha assessment of your body type, this treatment 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 is repeated on the front of your body and concludes with a therapeutic facial and hydrating massage.

90 minutes US\$160

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.

SUNDĀRI FACIAL

Inspired by ancient Ayurvedic principles, SUNDĀRI body and skincare products deliver a holistic and balanced approach to wellness that connects inner wellness to outer beauty.

Sundāri Age Defying Firming Facial

Using the regenerative properties of Gotu Kola, this facial instantly exfoliates, firms and improves tone and texture to help reclaim your skin's youth.

60 minutes US\$120

Sundāri Intensive Healing Facial

Suitable for very sensitive skin, this facial 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\$120

Sundāri 'Essential Supplifying' Facial

Breathe new life into dry or stressed skin with this deeply nourishing and intensely hydrating treatment. It starts 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 soft and renewed with a natural glow.

90 minutes US\$170

Sundāri Beautiful Eyes

Assisted by penetrating age-defying formulas, this treatment not only hydrates and firms the delicate eye area, it also reduces puffiness, and soothes tired eyes.

30 minutes US\$80

Sundāri Firming Neck Treatment

This 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.

WAXING

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

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\$45

Essential Pedicure

A lasting pedicure in the colour of your choice.
60 minutes US\$60

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.

MASSAGE THERAPY

COMO Shambhala Massage

Our signature massage 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

Deep Tissue Massage

This restorative 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

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

Surfer's Massage

This treatment is tailored to the needs of the surfer to reduce tension in the neck and shoulders, resulting in increased blood circulation and flexibility of muscle and joints. Regular massages can help with recovery after each surf session and prevent soreness and stiffness.

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

Foot Acupressure Massage

Our COMO Shambhala therapists understand how the feet respond to gentle pressure. Through thumb pressure and massage on the feet, this treatment can help to stimulate the body's natural recovery process and induce deep relaxation.

30 minutes US\$50

60 minutes US\$100

FACIAL CARE

Sundāri Gentlemen's Facial

A targeted face, eye and neck treatment for the unique needs of men's skin, this facial harnesses the healing powers of Neem. The skin is infused with nutrients while an intense enzyme exfoliation firms, soothes and hydrates.

75 minutes US\$135

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\$150

120 minutes US\$200

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 and activities, from massage to yoga, 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.

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

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 COMO Shambhala Retreat.
- Undergarments or disposable underwear must be worn by the minor guest during all treatments.
- 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.

EXPRESS MENU

At COMO Shambhala, we understand that time is precious especially as we try to balance our commitments to work, family and friends. That's why we created this menu, featuring treatments that can be completed in 30 minutes or less for guests who are pressed for time. Each has been carefully honed to provide the best results in the shortest time possible. Should you have a little more time? We recommend you turn back our full – length menu where you can try each treatment as it was originally designed. Otherwise, read and discover how powerful 30 minutes can be for your wellbeing.

MASSAGES

Each of our 30-minute massages help to relieve immediate tension and calm your busy mind with the use of our nurturing COMO Shambhala signature blended massage oils.

Back, Shoulder and Neck Massage

30 minutes US\$50

Foot Acupressure Massage

30 minutes US\$50

COMO Shambhala Body Scrub

This 30-minute body polish will leave skin feeling firmer, softer and revitalized. The treatment uses our salt and sugar scrub to exfoliate dull skin cells, followed by a refreshing shower and the application of our signature COMO Shambhala Invigorate moisturizing lotion.

30 minutes US\$60

FACIALS

Our rejuvenating 30-minute facials are designed to give maximum results in minimum time, well suited for those looking for a quick refresher. Our facials are suitable for all skin types, leaving you with a healthier, more radiant complexion.

Sundari Express Facial 30 minutes US\$60

NAIL CARE

Essential Manicure 30 minutes US\$40

45 minutes (includes nail polish) US\$60

Essential Pedicure 30 minutes US\$40

45 minutes (includes nail polish) US\$60



COMO
SHAMBHALA