

# INTEGRATED WELLNESS PROGRAMME

## TAILORED PLANS FOR A GOOD LIFE



Our Integrated Wellness Programme are for those who are looking for a wellness programme designed according to their individual needs, ranging from stress management to rejuvenation and more. Build your own experience following a consultation with our wellness expert, who will suggest an eating plan, therapy schedule and wellness activities. Programmes include yoga, Pilates, meditation, rice field walks, massage and body care treatments, and healthful COMO Shambhala Cuisine.

### WHAT'S INCLUDED

- Private consultations with a COMO Shambhala wellness expert (one every seven nights)
- Individual treatment plan including a suggested eating plan and wellness activities schedule for the duration of stay
- One wellness treatment per day
- Access to all wellness activities
- Accommodation in tranquil rooms, suites, villas and residences
- Daily breakfast, lunch and dinner
- The services of a personal assistant