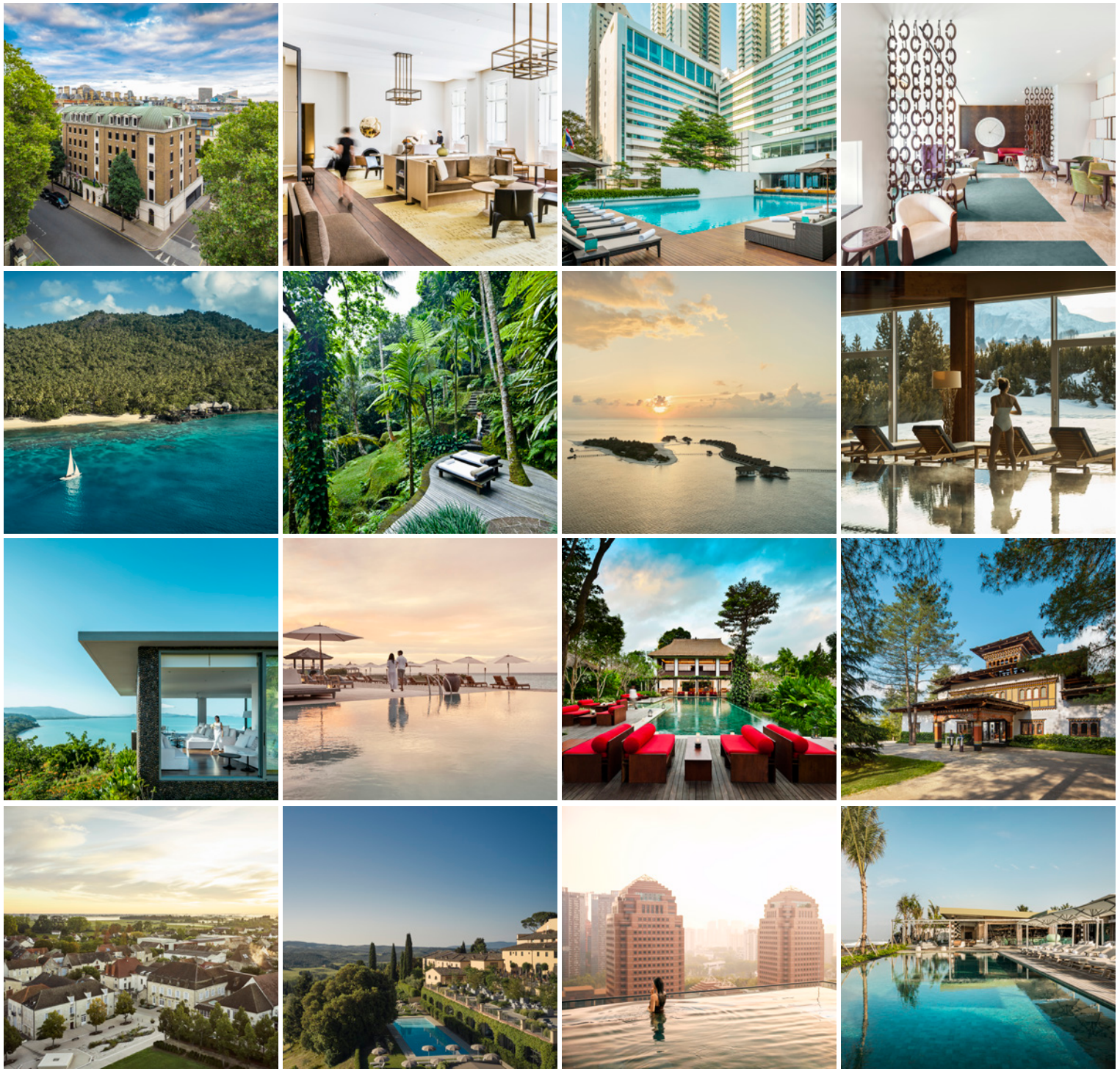




COMO
SHAMBHALA
ESTATE

Fact Sheet





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

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

This distinctive COMO 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 details, turning ambitious ideas into precious memories worth reliving.



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

COMO Shambhala Estate is a residence for being well, 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 and white-water rafting, offering a 360-degree approach to well-being.

Our newly launched health-tech facilities — including hyperbaric oxygen therapy, a private ice bath with guided breath-work, and a private infrared sauna — seamlessly complement our Asian therapies and healthful cuisine. These form part of dynamic packages created according to personal requirements, helping guests make informed life changes that will last well beyond their stay.



Wellness Paths

Introducing COMO Shambhala's Wellness Paths: where we redefine wellness by focusing on 'un-ease' instead of 'disease,' and on prevention over cure. We believe in listening before leading, guiding you through a dynamic journey from expert diagnostics to sustainable wellness, harmonising mind, body and soul.

Ayurveda Wellness Path

Restore your body and mind to a state of natural equilibrium. Rectify imbalances in your body with traditional practices such as Ayurvedic massages, Marma point therapy and more.

Integrated Wellness Path

Our most detailed Path, starting with expert diagnostics and leading to sustainable wellness. Gain an intricate understanding of the cause of any unease, and build a personalised plan around your fitness, nutrition and wellbeing for a complete body and mind reset.

Fit to Perform

An opportunity to refine your fitness goals, whether you are just setting out on an inspiring new regime, focusing on post-injury rehabilitation, or optimising your athletic performance for competitive success.

Detox to Restore

This transformative journey begins with gut health and mental wellbeing, and focusing on cleansing dietary and environmental toxins.

Nourish to Glow

A holistic, sustainable path to nourishing your body and achieving radiance at all life stages, from burnout to menopause.

Connect to Rebalance

Has stress, imbalance or a lack of purpose taken hold? Re-ground through a digital detox, reconnect with nature's healing power, and build a renewed sense of focus and joy.



Wellness Programmes and Signature Retreats

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

Wellness programmes are also available at the Estate, each designed to enhance every lifestyle, giving additional insight into specific areas of personal wellness.





Yoga



Treatment



Joint Mobilising Massage

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
- Fitness centre with weights and cardio equipment
- 25-metre swimming pool
- Private ice bath
- Private cold plunge
- Private infrared sauna
- Hyperbaric oxygen therapy
- Colonic hydrotherapy

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, yoga, Pilates and oriental medicine.

Wellness Paths

Wellness Paths run for a minimum of three nights, and generally include a weekly private wellness consultation, prescribed daily activities and treatments, daily breakfast, lunch and dinner, and participation in the Estate's complimentary scheduled activities.

Wellness Programmes and Signature Retreats

These programmes are specialist weeks led by visiting consultants focusing on the unique wellbeing needs of every guest.



One-bedroom Pool Villa



Two-bedroom Pool Villa



Three-bedroom Pool Villa

Accommodation

31 Suites and Villas comprising:

5 Residences: Guests can take an individual 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, comprising of a total of 21 suites, each have a large swimming pool, and 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.

4 One-bedroom Pool Villas: Our one-bedroom pool villas are a mix of cool and contemporary style together with traditional Balinese design elements and peerless forest views. There is also a private pool, Jacuzzi and outdoor deck for lounging and leisure.

1 Two-bedroom Garden Pool Villa: The two-bedroom garden pool villa offers serenity within a private compound, bordered by tropical greenery. The villa includes a private pool, generous indoor to outdoor living areas, and two ensuite bedrooms. The villa's decor is crafted with natural materials, creating an elegant retreat that blends seamlessly into the Estate's lush surroundings.

3 Two-bedroom Pool Villas: The two-storey, two-bedroom pool villas each boast a private swimming pool, Jacuzzi, and large living and dining areas. Each floor is an exclusive space unto its own, with views of the verdant valley below. Both bedrooms feature their own personal entrances for an extra touch of discretion.

2 Three-bedroom Pool Villas: The three-bedroom pool villas feel like private homes with residential style, expansive living areas and a fully equipped kitchen. The villas each have two master bedrooms and one guest bedroom, as well as a private garden, an infinity pool and Jacuzzi.



Main Pool in Bayugita Residence



Tirta Ening



Tejasuara Residence

Residences

Each of our Residences is themed around a different natural element. All suites sleep up to two people, with the exception of the COMO Suite which can sleep up to four people in two bedrooms. Guests in all suites have access to their Residence's private pool, sun decks and dining pavilion.

Bayugita (Wind Song): This Residence combines contemporary Balinese design with earth-toned finishes and elegant craftsmanship, creating a refined sanctuary overlooking the lush jungle. Comprising: One COMO Shambhala Suite, one Estate Suite and two Terrace Suites.

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.

Wanakasa Residence



Main Pool in Umabona Residence



Master bedroom in Umabona Residence



Residences

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 Estate Suites and two Terrace Suites.

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.

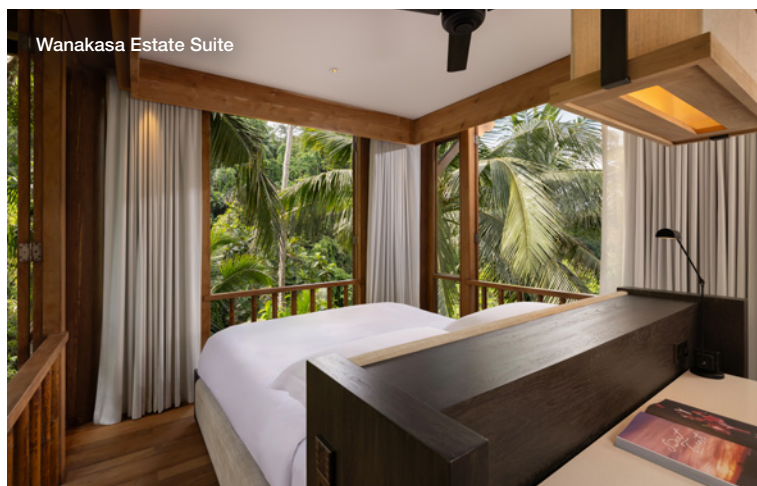
Comprising: Two-Bedroom COMO Suite, and three Terrace Suites.



Wanakasa Living Area



Tirta Ening Terrace Suite



Wanakasa Estate Suite



Tejasuara



Umabona Master Room



Terrace Suite at Umabona

Residences Suites

13 Terrace Suites (42-80sq m/452-861sq ft): 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.

3 Estate Suites (62 to 88sq m / 667 to 947sq ft): Nestled within a Residence, each Estate Suite blends modern comfort with the Estate's signature atmosphere of tranquility and wellbeing. The newly refreshed suites overlook the jungle canopy, with selected suites offering generous private outdoor spaces, complete with a bathtub.

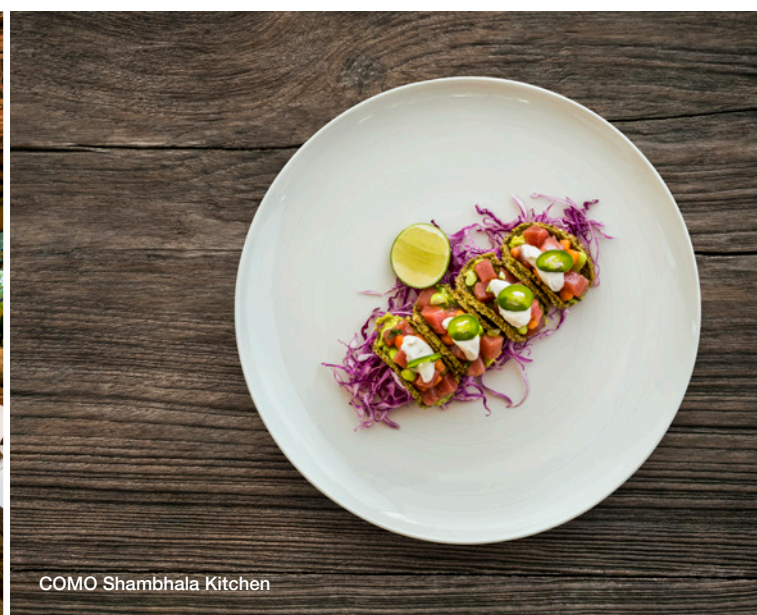
4 COMO Shambhala Suites (70-96sq m/753-1,033sq ft): These are the principal suites in the Residences. Each has an interior which has been individually decorated with Indonesian antiques, and a generous en suite with private Jacuzzi. COMO Shambhala Suites also have access to the Residence's shared pool,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

1 COMO Suite at Umabona (308sq m/3,315sq ft): This features two king-size suites, a Jacuzzi and its own private infinity pool, as well as a 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.



Guest Room Features Guest Services

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



Dining

glow: Serves healthful menus for lunch and dinner, with options from the COMO Shambhala Kitchen 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 Kitchen is an integral part of the Estate’s holistic wellness ethic. 11.00am to 11.00pm (last order at 10.30pm)

Kudus House: Serves breakfast and dinner, showcasing diverse influences from Indonesia’s regions. Breakfast is from 6.30am to 10.30am. Dinner is from 6.30pm to 11.00pm

In-room Dining: Menu selections include COMO Shambhala Kitchen and selected dishes from glow and Kudus House. 6.30am to 11.00pm (last order at 10.30pm)



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 three-course Indonesian family-styled dinner to wrap up your dining experience.



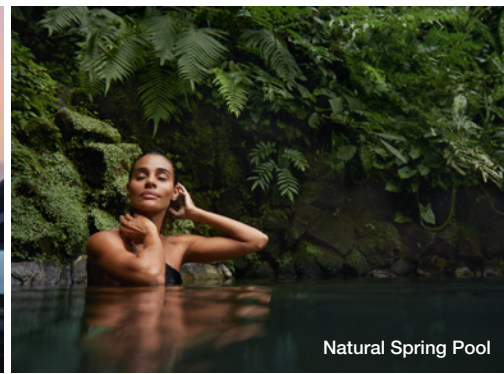
Tea House



Therapeutic Hydrotherapy



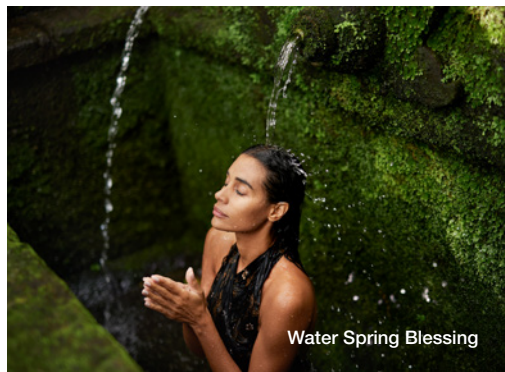
Lempuyang sky temple



Natural Spring Pool



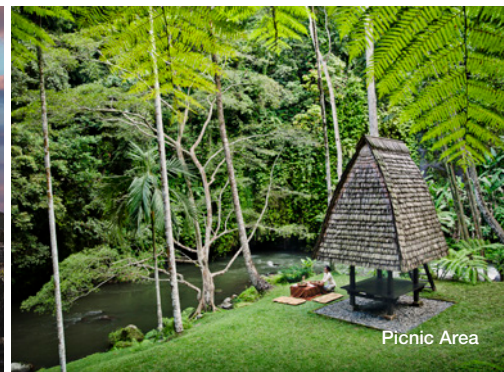
Rice Paddy Walk



Water Spring Blessing



Temple



Picnic Area

Activities

- Water spring blessing (iconic)
- Herb walk and jamu class (iconic)
- Lempuyang sky temple trekking (iconic)
- A spiritual ascent to Pura Pucak Mangu (iconic)
- Guided scenic nature trails, rice paddy walks and hiking
- Therapeutic hydrotherapy
- Mountain biking
- Swimming
- Waterfall or jungle trekking
- Cooking class
- Custom-designed cultural and special interest tours
- Museum, temple and gallery visits
- Meditation
- Yoga
- Pilates mat classes
- TRX (total body resistance training)



Sustainability and Community Investment

At COMO Hotels and Resorts, we see ourselves as custodians, not just managers, of each destination. We recognise the privilege — and responsibility — of being part of a community, and we are committed to celebrating local culture, supporting the domestic economy, and minimising our environmental impact.

At COMO Shambhala Estate, we work to preserve the natural beauty and cultural heritage of Bali in every way we can. From promoting eco-friendly travel and cultivating native plants, to encouraging guests to make small, meaningful conservation choices during their stay — sustainability is embedded in all that we do.

We prioritise local partnerships, from responsibly sourcing 94 per cent of our daily produce from Balinese suppliers to disposing of waste through eco-conscious local schemes. This not only ensures the highest quality for our guests, but also strengthens the local economy and reduces our footprint on the island we call home.

Awards

2025 Michelin Key Hotels

One MICHELIN Key

Condé Nast Traveler Readers' Choice Awards 2025

Top 20 Destination Spa Resorts in the World (14th)

Best Destination Spa Resorts in the US & Around the World (25th)

Honeycombers Bali's

Best Awards 2025

Best Wellness Destination in Bali: Gold Winner

Tatler Best Hotel Asia 2024

Top 100 Hotels in Asia

Top 3 in the Best Wellness Resorts in Asia

Condé Nast Traveller Readers' Choice Awards 2024

Best Destination Spa in the World (18th)

Top 20 Destination Spa Resorts in the World (7th)

The Best Spa Destination in the US and Around the World (10th)

Travel + Leisure Luxury Awards Asia Pacific 2024

Best Hotel Spas in Indonesia (1st)

Best Upcountry Hotels in Indonesia (3rd)

Condé Nast Traveller Spa Awards Forever Icon 2024

Compare Retreats' Luxury Wellness Travel Awards 2024

Meditation, Yoga and Ayurveda Retreat of the Year

Forbes Travel Guide Star Award 2024

Verified luxury for a luxurious wellness getaway in Bali's jungle

Condé Nast Traveller's Spa Awards 2024

Forever Icon category

Condé Nast Traveller Readers' Choice Awards 2023

The best destination spas in the world (5th)

Travel + Leisure World's Best Awards 2023

Hotel Spas in Indonesia (2nd)

Upcountry Hotels in Indonesia (5th)

Condé Nast Traveller Reader's Choice Awards 2022

Best Spa Resorts in the World (9th)

Travel+Leisure Asia's Best Awards 2022

Best Upcountry Resorts in Indonesia

(6th) Best Hotel Spas in Indonesia (10th)

Condé Nast Traveller Middle East Readers' Choice Awards 2021

Favourite Spa Hotel (International)

The Best Spa Resorts in the U.S. & Around the World (5th)

Condé Nast Traveller Readers' Choice Awards 2020

Top 10 Destination Spa Resorts in the World





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