



COMO SHAMBHALA

# COMO SHAMBHALA'S COMMITMENT

At COMO Shambhala, we pride ourselves on our intimate surroundings, intuitive service and the nurturing touch of our therapists. Since our founding in 1998, we have always been at the forefront of holistic wellness. While the world is shifting as we try to find a 'new normal', our core philosophy towards proactive wellbeing isn't changing. In fact, it has never been more front of mind.

Read below for a selection of our policies designed to ensure the safety of all guests and staff. Please speak to us if you have any further questions.

## **CLEANLINESS**

COMO Shambhala is known for award-winning standards. We thoroughly sanitise all equipment, menus and soft furnishings between guest visits, while also sanitising all counters, doorknobs and shower areas. We also ensure fresh air can continuously circulate as much as possible.

## **SOCIAL DISTANCING**

In compliance with the local government regulations, we are following safe distancing guidelines, including:

- Requesting guests and staff to maintain safe distance at all times, including in the fitness centre and changing rooms
- Limiting the number of guests at our facilities, including in our sauna, steam rooms, Jacuzzi and pool

## **OUR THERAPISTS**

Our COMO Shambhala therapists offer a holistic approach to health-giving through both hands-on treatments and lighter touch therapies. As always, our therapists adhere to the strictest hygiene standards.

## **APPOINTMENTS**

In line with government guidelines, we are carrying our regular temperature checks on all staff and guests before appointments. We are also asking any guests presenting cold or flu-like are to postpone their appointment to an alternative time.