

PRESS RELEASE September 2007

**Embracing Better Health: COMO Shambhala Estate at Begawan Giri launches five new health programmes to address specific issues**

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COMO Shambhala Estate at Begawan Giri near Ubud, Bali, has established itself as one of the world's leading residential health retreats. Opened in 2006, it is owned and operated by the award winning holistic health company, COMO Shambhala, and provides the best possible environment for guests to activate a new lifestyle. With extreme luxury accommodation, including private spa suites with attached therapy rooms, The Estate delivers a deeper experience than the typical fly-and-flop resort while fostering a more nurturing approach than the current spread of high-end destination spas. This is made possible by state-of-the-art health facilities in addition to a team of world-class specialists. Guests are also encouraged to engage with the local landscape in their pursuit of better health, activities ranging from mountain biking to hiking, climbing, white-water rafting and outdoor circuit training. To complete the holistic purpose, cuisine is organic and nutritionally rich. To make the most of this deep approach to better health, The Estate has launched five well-priced programmes to cater to the issues most commonly seen among guests: Get Fit, Cleansing, Stress Management and Beauty Enhancement, as well as an Ayurvedic Programme for those interested in this ancient Indian form of holistic healthcare. All packages include accommodation (prices based on double occupancy), breakfast, lunch and dinner (excluding beverages), return airport transfers, participation in The Estate's daily schedule of activities, the services of a Personal Assistant, and the complimentary use of the steam, sauna and 25m lap pool.

**GET FIT PROGRAMME:** Incorporates wellness consultations, fitness assessments and daily personal training with some sessions conducted outdoors. Guests may be introduced to Yoga and Pilates to tone body and mind, or be encouraged to go deeper into their existing practice. All leave with the core techniques needed to boost an active lifestyle. Package price includes Wellness consultation and Fitness Assessment, choice of 60-minute massage, 60-minute personal training, Guided biking/trekking. Costs from \$2,103 per person for a 5-night programme.

**CLEANSING PROGRAMME:** This powerful but safe detox programme allows you to cleanse your body of toxins. Working on the premise that the lymphatic system, liver, bowels, kidney and skin must work optimally for effective natural detoxification, our consultants will prescribe regular exercise, good nutrition and daily elimination to improve lymphatic circulation and to keep these organs in top working order. Appropriate herbal cleansers may be recommended to help restore the liver, gastro-intestinal tract and digestive system. Package price includes Wellness consultation, choice of 60-minute cleansing treatments (including colon hydrotherapy), 60-minute massage, 120-minute body treatment. Costs from \$1,848 per person for a 5-night programme.

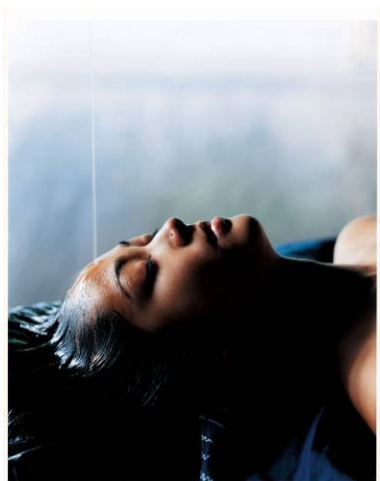
**STRESS MANAGEMENT PROGRAMME:** Stress depletes mineral levels in the body, causing mood swings, fatigue and disrupted sleep cycles. This programme focuses on experiencing and implementing various mind and body techniques, including Yoga, Qi Gong and Tai Chi. Expect relaxing therapies, outdoor pursuits and wellbeing lectures. Package price includes Wellness consultation, choice of 60-minute massage, 60-minute therapeutic Yoga. Costs from \$2,178 per person for a 5-night programme.

**AYURVEDIC PROGRAMME:** Ayurveda addresses specific conditions with focused prescriptions, treating the root cause by enhancing toxin catabolism. The Estate's Ayurvedic Doctor will recommend an holistic, all-natural treatment plan depending on the individual's Prakruti (constitution); it might feature a detox, body treatments, special diet, Yoga and meditation as well as a follow-up programme. Package price includes Wellness consultation, Ayurvedic treatments, 60-minute therapeutic Yoga. Costs from \$2,338 per person for a 5-night programme.

**REJUVENATION PROGRAMME:** This programme combines the beneficial effects of beauty and spa treatments with healthy eating and positive thinking to help you reclaim your youth. The exclusively designed five-day facial treatment course from Environs Skin Care engages the extraordinary anti-ageing

properties of Vitamins A, C and E. The Estate's Nutritionist may also provide enjoyable nutritional solutions for improving weight, energy, skin, hormonal and digestive health as well as advise on food intolerances and allergies, all of which contribute to ageing. Package price includes Wellness consultation, Beauty treatments, choice of 60-minute massage, 120-minute body treatment. Costs from \$2,148 per person for a 5-night programme.

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## EDITOR'S NOTE

The Company: COMO Shambhala is the COMO Group's healthy living concept that spans environments, services and products, offering a full range of experiences that challenge and inspire us to greater wellbeing.

The COMO Shambhala Offer : COMO Shambhala advocates proactive responsibility for individual holistic wellness. This entails balancing healthy eating with pleasurable gastronomy, self-directed exercise with expert instruction, massage with greater mental repose, and thought with action. COMO Shambhala embraces all modalities of wellbeing, from yoga's ancient system of self-development to other proven methods such as Ayurveda, aromatherapy, Pilates, Tai'Chi, and Qigong. Consultants take a consultative rather than prescriptive approach, working with guests on a one-by-one basis to define and achieve their goals. COMO Shambhala cuisine offers enzyme-rich, healthy and delicious cuisine. COMO Shambhala at Home, a lifestyle brands, creates skin and bodycare products developed to complement the environments and services available.

Property Portfolio: COMO Shambhala owns, designs and manages seven centres of wellbeing at properties worldwide. Each location is chosen because it possesses a sense of peace in its own right, whether this is a hillside in Bhutan or riverbank in Bali. COMO Shambhala's portfolio includes COMO's city hotels spas, known as COMO Shambhala Urban Escapes (in Singapore, at the Metropolitan London and Metropolitan Bangkok), COMO Shambhala Retreats (at Parrot Cay in the Turks and Caicos, Cocoa Island in the Maldives, Uma Ubud in Bali and Uma Paro in Bhutan), and its flagship destination, COMO Shambhala Estate at Begawan Giri. In addition, COMO Shambhala owns and operates Glow, three restaurants in Singapore, Bangkok and Bali that focus on COMO Shambhala-inspired healthful cuisine.

The COMO Group: COMO Shambhala is part of the COMO Group, which represents Christina Ong's unique vision of contemporary living. The COMO Group encompasses Club 21, the international luxury fashion retailer; COMO Hotels and Resorts, which is the hospitality collection with properties in London, the Caribbean, Bhutan, Bali, Thailand and the Maldivian Islands, and the COMO Foundation representing the Group's philanthropic interests throughout the developing world. The Group is headquartered in Singapore.