

BLISSFUL SLEEP AT COCOA

Sleep is what maintains wellbeing, giving body and mind that much needed time to restore and regenerate. Yet many of us regularly don't get enough of it, which is why we have developed our 'Blissful Sleep' package to ease you into a relaxing holiday.

Start your night early with a light, well balanced meal (a main course accompanied by a fresh juice) from our COMO Shambhala menu. This specialised cuisine uses raw, organic ingredients rich in living enzymes, vitamins and minerals—without compromising on taste. Selections include a Maldivian yellow fin tuna sashimi, with orange, radish and avocado, dressed lightly with soy and sesame; or Tandoor-roasted tiger prawns, papaya, mint and red chilli salad with fresh coconut chutney. Our juice menu features choices such as 'Red Passion', a blend of beetroot, apple, passion fruit, tomato, celery, parsley and ginger, or 'Orange Masala', a mix of carrot, mango, apple, cumin and mint.

Guests can sink even deeper into the dream world with an Ayurvedic session at our awardwinning COMO Shambhala Retreat. Ayurveda is the ancient Indian system of healing practiced for the past 5,000 years. Meaning 'the science of life,' it aims to promote the harmonious rhythm of the body's energies to maintain health and vitality. After a calming chamomile tea, you can enjoy an hour-long Abhyanga treatment—a full body, slow rhythm massage with warm herbal oils followed by an application of herbal powder to enhance the deeply relaxing properties of the massage. This is followed by Shirodhara. In this unusual and effective treatment, warm, medicated oil is gently poured in a steady stream over the forehead. The process quiets both the mind and senses, improves mental clarity and is profoundly calming.

Inclusions:

- Dinner (main course and fresh juice from the COMO Shambhala menu)
- 90-minute Ayurvedic treatment (Abhyanga and Shirodhara)

Rates:

Costs US\$200 per person (subject to 10% service charge). Please note that this package cannot be combined with other special offers. Subject to availability.

To book now or for more information please contact res.cocoaisland.como.bz

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