



New cleanse programmes for wellness month at Metropolitan by Como Bangkok

September 03, 2013

NEW CLEANSE PROGRAMMES LAUNCHED FOR WELLNESS MONTH AT METROPOLITAN BY COMO, BANGKOK



New juice and spa cleanse packages launching this September will further enrich the guest wellness experience at COMO's iconic Bangkok hotel

The Metropolitan hotel in Bangkok has announced it is to launch a range of new cleanse programmes as part of its annual 'Wellness Month' taking place this September.

The programmes have been specially designed by our global experts for the Metropolitan's COMO Shambhala Urban Escape spa and feature 'wellness juices' created by COMO's Dietician Eve Persak, and a system-flushing 'clean foods menu' by COMO's Executive Chef Amanda Gale. Signature therapies from the COMO Shambhala spa menu, using the cult PURIFY aromatherapy blend, are also used in the programmes to cleanse and nourish the skin.

The new cleanse programmes range from a 90-minute 'Express Cleanse' to a comprehensive 'Complete Day Cleanse' and feature combinations of treatments, cleansing juices and meals to meet the needs of every individual. They include:

Express Cleanse: A great way to flush out toxins and re-boot the system when time is short. A detoxifying 60-minute massage and 30-minute consultation with COMO Shambhala dietician Eve Persak is followed by a 'clean foods' meal and therapeutic cleansing juice.

Half-Day Cleanse: Providing a firm basis for a deep cleanse, inside and out. A detoxifying 120-minute body treatment is followed by a 30-minute consultation with Eve Persak, a 'clean foods' meal to flush the system and two therapeutic cleansing juices to revitalise.

Complete Day Cleanse: An indulgent full-day cleanse programme designed to give the body maximum support during the detox process. A 120-minute body treatment is followed by a 75-minute PURIFY facial or a 60-minute private yoga session and a 30-minute consultation with dietician Eve Persak. A 'clean foods' meal and three therapeutic cleansing juices, administered throughout the day, help detox from the inside-out.

Spa Facial Cleanse: A nourishing treatment for the face that uses COMO Shambhala's PURIFY skincare range to detox the delicate skin on the face and neck. A therapeutic cleansing juice is followed by a 120-minute COMO Shambhala facial and a system-cleansing 'clean foods' meal.

Spa Body Cleanse: A nourishing treatment designed to purify the body's skin from head to toe. A 120-minute bodycare treatment is followed by a therapeutic cleansing juice and system-flushing 'clean foods' meal.

Also during Wellness Month, guests can benefit from exclusive one-to-one consultations with two of COMO's leading Wellness Experts. Dietician Eve Persak and Musculoskeletal Therapist Rohan Quarry-Day will both be available for a limited period, giving guests direct access to their skills and experience via private sessions.

Newsletter

Sign up for our newsletter:

Name:

Email:

Latest News

- British Airways extends ban on flights to Sierra Leone
- Shangri-la Hotel Tokyo holds 'my Tokyo photo
- DFS group & Unionpay Int'l launch wide-ranging
- Hyatt Regency Incheon Branded Grand Hyatt Incheon
- A Global Party for Good Save the date for Hong
- Qantas Unveils New Hong Kong Lounge
- Isono & Vasco bring the best of Basque to PMQ
- Finnair's reign as Northern Europe's Best Airline
- Aqua Mekong Will Set Sail in October
- Finnair makes possible three weddings in Moomin
- Shoppes at Venetian Welcomes an H&M Store
- The Snow Leopard vodka Presenting the first "Spirit
- Bali's world-renowned potato head beach club &
- Alila Villas Uluwatu appoints executive chef Stephane
- Rolex announces young laureates of 2014
- Marina Bay Sands Sky Mirror by Anish Kapoor
- New Destination Adventures In The Galapagos
- Woobar offers live Lab

Private consultations with Eve Persak are available from September 2nd to 5th and with Rohan Quarry Day from September 27th to October 2nd.

Cleanse programmes at Metropolitan by COMO, Bangkok start at THB 4,300++ (2 hours) for an Express Cleanse. Please visit comohotels.com/metropolitanbangkok, call +66 2 625 3355

CLEANSE PROGRAMMES: Prices and Inclusions

Express Cleanse @ THB 4,300++ (2 hours)

1 Juice
1 COMO Shambhala Massage (60mins)
1 Meal
30-minute Consultation with Eve Persak

Half-Day Cleanse @ THB 6,000++ (4 hours)

2 Juices
1 Body Care Treatment (120 mins)
1 Meal
30-minute Consultation with Eve Persak

Complete Day Cleanse @ THB 8,200++ (5.5 hours)

3 Juices
1 Body Care Treatment (120 mins)
1 Facial Treatment (75 mins)
1 Meal
30-minute Consultation with Eve Persak

Deep Tissue with Rohan Quarry Day

60 mins @ THB 5,000++
90 mins @ THB 7,000++

Private Consultation with Eve Persak

30 mins @ THB 2,100++

[hotels](#) • [spas](#) • [beauty](#) • [style](#) • [destinations](#) • [dining](#) • [arts](#)

[about us](#) • [contact](#) • [advertising](#) • [policy](#)

© 2010 Away In Style. Away in Style is Asia's premier online magazine for travel & style - ALL RIGHTS RESERVED