



COMO
SHAMBHALA

WELLNESS BEGINS
WITHIN

INSPIRING COMMITMENT
TO LIFELONG WELLNESS

Admission

All COMO Metropolitan Bangkok guests aged 16 and older have complimentary use of COMO Shambhala's wellness facilities including the fitness centre, locker room, steam room and Jacuzzi. For treatment requests for guests under the age of 16 years, please see our COMO Shambhala Wellness reception team for details and reservations.

Reservations

Reservations can be made at the COMO Shambhala Wellness reception or by dialling extension 3355 or 3356 on your in-room telephone. If calling from outside COMO Metropolitan Bangkok, you can dial +66 (0)2 625 3355. We suggest that you schedule your appointments in advance to obtain your preferred time. We always try our best to accommodate requests for individual therapists and specialists based upon their availability.

Hours Of Service

COMO Shambhala: 9.00am – 9.00pm

All in-room treatments during opening hours incur an additional charge of THB 1,200. Should you wish to schedule a treatment outside of our usual hours, please contact the COMO Shambhala Wellness reception team in advance for arrangement. An additional charge of THB 2,200 applies to appointments made outside of our usual hours.

Arrival

We recommend that you arrive at least 15 minutes prior to your appointment time in order to relax and enjoy our facilities. Arriving late will limit the time of your treatment. For your first visit to COMO Shambhala, you will be asked to complete a brief, confidential client form. This is to check for contraindications to any treatments.

Cancellation Policy

Should you wish to cancel an appointment, please let us know at least four hours beforehand or a 50 per cent cancellation fee will be charged. No-shows will be also charged at the full treatment price.

Valuables

Whilst locker facilities are provided, we advise you not to bring any valuables during your visit. COMO Metropolitan Bangkok accepts no responsibility for the loss of money or valuables of any kind.

Gratuities

In appreciation of outstanding service, gratuities for staff may be left at your discretion. For your convenience, gratuities may be charged directly to your room.

Charges

All services are subject to 10 per cent service charge and seven per cent value-added tax.

Gift Certificates

Gift an indulgent wellness experience at COMO Shambhala. Choose from the complete menu of available wellness treatments, or give the gift of choice and purchase a gift certificate.

MASSAGE THERAPY

COMO Shambhala offers carefully curated massage therapies. Our experts are trained in a variety of Asian techniques ranging from the relaxing to the invigorating.

COMO Shambhala Massage

Our signature massage uses our blended massage oils to completely calm the mind and gently rejuvenate the body. This is an ideal massage for those making a commitment to improve their general wellbeing as it helps to rebalance both body and mind.

60 minutes THB 2,400

90 minutes THB 3,600

COMO Shambhala Back Massage

This firm, invigorating massage focuses exclusively on the typical 'problem areas' of back, neck and shoulders. Pressure points and deep tissue techniques are used to release tired muscles.

45 minutes THB 1,900

All services are subject to 10 per cent service charge and 7 per cent value-added tax.

For more on COMO Shambhala's vision and our other wellness centres worldwide, please visit comoshambhala.com

Deep Tissue Massage

Our signature massage uses our blended massage oils to completely calm the mind and gently rejuvenate the body. This is an ideal massage for those making a commitment to improve their general wellbeing as it helps to rebalance both body and mind.

60 minutes THB 2,800

90 minutes THB 4,000

Prenatal Massage

Our Prenatal Massage is a specially designed treatment for all stages of pregnancy after the first trimester. It includes a full body and facial massage. Pregnancy support cushions are used throughout to ensure total comfort.

75 minutes THB 3,000

90 minutes THB 3,600

Indian Head Massage

Beginning in a seated position with a focus on the head, neck and shoulder area, this tension-releasing massage uses pressure points and deep tissue techniques to ease tight muscles. A gentle facial massage of the nine Marma facial points is also included.

60 minute THB 2,200

Drainage Massage

This gentle massage helps to cleanse the body of unwanted toxins, giving your body a 'reboot' so it can function more efficiently.

60 minutes THB 2,400

90 minutes THB 3,600

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Thai Massage

Thai Massage assists in unblocking trapped energy and improves vitality. With this type of healing treatment – sometimes known as passive yoga – our expert COMO Shambhala therapists manoeuvre your body into yoga-like stretching positions, applying pressure along the meridians and mobilising joints. No oil is used during this treatment and Thai pyjamas are provided.

60 minutes THB 2,200

90 minutes THB 2,900

Foot Acupressure Massage

Our COMO Shambhala therapists understand how the feet respond to gentle pressure. Through thumb pressure and massage on the feet, this treatment can help to stimulate the body's natural recovery process and induce deep relaxation.

60 minutes THB 2,200

Couple Massage Workshop

A couple's private massage class, teaching you the skills you need to benefit from this centuries-old healing tradition at home. Our massage therapist will teach you both chair-based and massage bed techniques, explaining the anatomy of the back and the key areas to target. You will be shown each massage sequence in detail, before getting the opportunity to practice on each other. You will receive a back muscle anatomy for you to make notes and refer to after the experience

75 minutes THB 4,000

Hot River Stone Massage

This is a powerful therapeutic treatment where smooth, warm oiled stones are used to ease tension and promote a deep state of relaxation. By firmly gliding the stones along the muscles, the massage relieves tensions and deep-held muscular knots. The treatment also involves dynamic stretches.

90 minutes THB 4,800

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BODY THERAPY

Body therapy at COMO Shambhala comprises a range of treatments that help tone, detoxify and revitalise, while providing a relaxing experience with hands-on healing.

COMO Shambhala Bath

Our cleansing COMO Shambhala Bath treatment gently exfoliates and softens the skin. After dry brushing your body, our therapists will apply COMO Shambhala's Body Scrub. Once this has been absorbed into the skin, enjoy an invigorating bath before the session concludes with our signature COMO Shambhala Massage.

120 minutes THB 4,600

COMO Shambhala Skin Detoxifying Treatment

Designed to improve circulation and skin tone,our COMO Shambhala Skin Detoxifying treatment helps to cleanse and revive tired skin. Using our signature products to exfoliate and moisturise, this therapy stimulates the lymphatic system to restore a healthy glow.

45 minutes THB 2,500

75 minutes (with 30 minutes massage) THB 3,750

105 minutes (with 60 minutes massage) THB 4,600

All services are subject to 10 per cent service charge and 7 per cent value-added tax.

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Traditional Thai Herbal Treatment

Our COMO Shambhala full body Thai Herbal Treatment uses warm poultices of traditional Thai herbs and essential oils to help soothe tired muscles. This is followed by a traditional Thai Massage, where the deep-stretch, oil-free technique helps to further aid relaxation.

120 minutes THB 4,400

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FACIAL CARE

COMO Shambhala offers facial care for every skin type, including non-surgical anti-ageing facials. Through targeted treatments tailored to your own skin care needs, we can help your skin feel firmer and smoother, restoring a youthful glow.

GUINOT FACIAL

Guinot Hydradermie Treatment (The Complexion Rejuvenating Treatment)

Guinot's signature hydration programme helps to induce a glowing complexion using prescriptive gels that are chosen to suit your skin's specific needs. Aided by mild ionised currents, the gels penetrate through and assist with restoring the skin's natural radiance. Active ingredients also work to hydrate the skin and improve its suppleness.

60 minutes THB 3,000

Guinot Hydradermie Deluxe Treatment (The Ultimate Lifting Treatment)

A deep cleansing, purification, oxygenation and maximum hydration to leave skin with a healthy glow. Prescriptive gels are chosen to suit your skin's specific needs. Aided by mild ionised currents, the gels penetrate the skin and assist with restoring its natural radiance. This treatment also targets the eye and neck areas with firming and hydrating gel to smooth away the signs of ageing.

90 minutes THB 4,500

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**Guinot Hydradermie Lift
(The “Instant Lifting” Treatment)**

This facial lifts and firms the skin. The treatment stimulates the small muscles of the face to give a firmer, more radiant appearance, and also promotes oxygenation to revitalise the skin.

60 minutes THB 3,000

Guinot Hydradermie Lift For The Eyes

This eye treatment helps to reduce puffiness, dark circles and fine lines around the eye area. A mild muscle-stimulating electric current, and application of specific GUINOT eye products, make for long-lasting results.

45 minutes THB 2,200

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**Guinot Lift Summum
(The Firming and Lifting Treatment)**

A firming treatment that immediately reduces signs of fatigue and ageing, focusing on the face, neck and décolleté. The unique stimulating massage visibly lifts and firms while the active ingredients Collagen XVIII helps improve elasticity. The Anti-Wrinkle Eraser helps to diminish the appearance of wrinkles, whilst the unique specific face and décolleté masks helps to restore a youthful appearance. The appearance of wrinkles, whilst they unique specific face and décollage masks restore a youthful appearance.

60 minutes THB 3,700

**Guinot DétOxyge`ne
(The Anti-Pollution Treatment)**

An exclusive treatment that harnesses the power of nature to detoxify and oxygenate - ideal for city living or suffocated skin. Pro-Oxygen stimulates cellular respiration while the natural green clay mask absorbs toxins on the skin's surface. This anti-pollution treatment is designed for dull or lifeless skin.

60 minutes THB 3,700

All services are subject to 10 per cent service charge and 7 per cent value-added tax.

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BEAUTY CARE

Our beauty care treatments are designed to refresh you, leaving you with a renewed sense of confidence.

NAIL CARE

Nourishing treatments for hands and feet that use soothing massage and gentle scrubs to tidy cuticles and nails.

Essential Manicure

A lasting manicure in the colour of your choice.

THB 850

Essential Pedicure

A lasting pedicure in the colour of your choice.

THB 950

All services are subject to 10 per cent service charge and 7 per cent value-added tax.

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MIND & BODY DISCIPLINE

COMO Shambhala offers a variety of classes and activities, including yoga, Pilates and Physical Activities sessions. In-house guests are welcome to join any of these classes. Our accredited teachers are also available upon request for personal training and private sessions. Please refer to the COMO Shambhala Schedule of Activities or approach our COMO Shambhala Wellness reception team to make your reservation.

Yoga

Yoga has been practiced for over 5,000 years. It provides a total workout for both body and mind, incorporating strengthening exercises with breathing and meditation techniques. The benefits are myriad, from increased flexibility and muscle tone, to lowered stress levels and blood pressure.

Our yoga expert works closely with you to design a program for your specific needs.

60 minutes THB 2,400

60 minutes (couple) THB 3,600

Additional (third onwards)

THB 900 per person

All services are subject to 10 per cent service charge and 7 per cent value-added tax.

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Family Yoga

This family class incorporates a yoga lesson for two adults and two children over the age of five. Yoga can help improve concentration, stimulate the imagination and release energy in a fun, safe environment. For teenagers, yoga is a great way to reduce the everyday stress of school, exams and impending adulthood.

60 minutes (two adults + two children with age from five years old) THB 3,200

Fitness and Personal Training

Personal training and private fitness sessions are available on request for anyone from beginner to seasoned level. Our resident fitness instructor works closely with each client to determine specific needs and design a programme best suited to their goals.

60 minutes THB 1,800

Additional (up to five) THB 900 per person

Additional (up to 10) THB 500 per person

Assisted Stretch

This private assisted stretching session is the ideal way to finish a run or gym workout, easing general muscle tightness and increasing flexibility.

30 minutes THB 1,200

All services are subject to 10 per cent service charge and 7 per cent value-added tax.

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MEN'S MENU

Promoting positive wellbeing is an integral part of COMO Shambhala's philosophy. With this goal front of mind, we have curated this treatment menu to support the needs of men. Treatments have been chosen to relieve tension, increase vitality and induce deep relaxation, encouraging a feeling of wellness from within.

MASSAGE THERAPY

COMO Shambhala Massage

Our signature massage uses our blended massage oils to completely calm the mind and gently rejuvenate the body.

This is an ideal massage for those making a commitment to improve

their general wellbeing as it helps to rebalance both body and mind.

60 minutes THB 2,400

90 minutes THB 3,600

All services are subject to 10 per cent service charge and 7 per cent value-added tax.

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Deep Tissue Massage

This restorative massage relaxes the body and allows for the release of deeply held patterns of tension. The techniques used during this treatment all help to increase blood and lymph flow, so muscles can once again operate at full capacity.

60 minutes THB 2,800

90 minutes THB 4,000

COMO Shambhala Back Massage

This firm, invigorating massage focuses exclusively on the typical 'problem areas' of back, neck and shoulders. Pressure points and deep tissue techniques are used to release tired muscles.

45 minutes THB 1,900

Thai Massage

Thai Massage assists in unblocking trapped energy and improves vitality. With this type of healing treatment – sometimes known as passive yoga – our expert COMO Shambhala therapists manoeuvre your body into yoga-like stretching positions, applying pressure along the meridians and mobilising joints. No oil is used during this treatment and Thai pyjamas are provided.

60 minutes THB 2,200

90 minutes THB 2,900

Foot Acupressure Massage

Our COMO Shambhala therapists understand how the feet respond to gentle pressure. Through thumb pressure and massage on the feet, this treatment can help to stimulate the body's natural recovery process and induce deep relaxation.

30 minutes THB 1,100

60 minutes THB 2,200

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FACIAL CARE

Trés Homme Hydradermie Cellular Energy Treatment

This is a good introductory men's facial, featuring Guinot's signature hydration process to help your skin feel more hydrated and regain its radiance. At the beginning, prescriptive gels are chosen to suit your specific skin needs. Aided by mild ionised currents, the gels will penetrate through your skin and assist with restoring its natural radiance. Active ingredients will work to rehydrate the skin, improving its natural suppleness.

60 minutes THB 2,800

The Complete Man

This is the ideal treatment experience for men to relieve tension and invigorate the senses. The 90-minute session begins with a back, neck and shoulder massage to alleviate the tension commonly stored in these areas. Then, a 30-minute rehydrating facial to deep cleanse the skin. The treatment finishes with a quick nail tidying. For an extended, 120-minute session, the massage will target the body's deeper tissues for more intense relief.

90 minutes THB4,200

120 minutes THB 4,700

All services are subject to 10 per cent service charge and 7 per cent value-added tax.

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NAIL CARE

Nourishing treatments for hands and feet that use soothing massage and gentle scrubs to tidy cuticles and nails.

Manicure

This manicure provides a soothing treatment for busy hands. It begins with a warm hand soak in aromatic water, followed by a gentle exfoliation and a nail and cuticle tidy. Next, a calming massage will leave hands feeling soft and smooth.

THB 500

Pedicure

This relaxing pedicure comprises a warm foot soak, a gentle exfoliation and a massage using COMO Shambhala blended massage oil – a real treat for active feet. The treatment also includes a nail and cuticle tidy.

THB 550

All services are subject to 10 per cent service charge and 7 per cent value-added tax.

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KIDS MENU

Wellbeing is important at any age. At COMO Shambhala, our goal is to support children and teenagers to live well, think positively and lead active, enriching lives.

All of our treatments and activities, from massage to yoga, have been curated to specifically benefit the younger body and mind. We aim to reduce stress hormone levels, promote rejuvenating sleep, encourage proper posture and create an environment where younger people can find fulfilment away from technology – helping them discover their joyfulness within.

COMO Shambhala Massage For Children

This nurturing massage, using our signature blended massage oil, is aimed at calming excited minds and rejuvenating tired bodies – perfect for children in need of a boost.

30 minutes Foot or Back Massage THB 1,000

45 minutes Full-body Massage THB 1,250

60 minutes Full-body Massage THB 1,450

All services are subject to 10 per cent service charge and 7 per cent value-added tax.

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Cleansing Facial

Specially designed for delicate skin, this treatment provides a light cleanse for young complexions.

30 minutes THB 1,000

Children Manicure

This manicure is a soothing treatment for busy hands, beginning with a warm hand soak in aromatic water, followed by a gentle exfoliation. Next, a calming massage will leave hands feeling soft and smooth. For the finishing touch, children can choose their favourite polish colour to add to their manicured fingernails.

THB 400

Children Pedicure

This relaxing pedicure comprises a warm foot soak, a gentle exfoliation and a massage using COMO Shambhala New Skin Oil – a real treat for active feet.

Lastly, toenails are filed and painted in your child's favourite colour.

THB 400

Wellness Path For Young Ones

Young ones can get a taste of COMO Shambhala relaxation with this nurturing wellness path, aimed at relaxing the mind and body. They can choose between a 30-minute back massage, foot massage or facial, before enjoying an mini manicure and pedicure. They can also opt to have their nails painted in their favourite colour.

60 minutes THB 1,400

75 minutes THB 1,650

All services are subject to 10 per cent service charge and 7 per cent value-added tax.

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COMO SHAMBHALA PRIVATE SESSIONS FOR CHILDREN

Children's Yoga

30 minutes THB 1,000

60 minutes THB 1,950

Family Yoga

60 minutes (two adults + two children aged five or older) THB 3,200

All services are subject to 10 per cent service charge and 7 per cent value-added tax.

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Please note, treatments lasting 30 minutes are for children under the age of 10; treatments lasting 45 minutes and above are for children aged 10 and over.

Terms and conditions

- To ensure that children do not have adverse reactions to any products used in the treatment, patch tests of products must be conducted three to four hours ahead of the treatment
- Guests must be aged between five and 15 years old
- Treatments will be performed in a designated part of COMO Shambhala Urban Escape
- Undergarments or disposable underwear must be worn by the minor guest during all treatments
- A Minor Guest Client Form must be signed by a parent or guardian prior to the treatment
- A parent or guardian must be present at all times in the treatment room. If the parent or guardian leaves the room, the treatment will stop, but the full treatment cost will be charged

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EXPRESS MENU

At COMO Shambhala, we understand that time is precious especially as we try to balance our commitments to work, family and friends. That is why we created this menu, featuring treatments that can be completed in 30 minutes or less for guests who are pressed for time. Each has been carefully honed to provide the best results in the shortest time possible.

Should you have a little more time, we recommend you turn back to our full-length menu where you can try each treatment as it was originally designed. Otherwise, read on and discover how powerful 30 minutes can be for your wellbeing.

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MASSAGES

Each of our 30-minute massages help to relieve immediate tension and calm your busy mind with the use of our nurturing COMO Shambhala signature blended massage oils.

Back, Shoulder and Neck Massage

30 minutes THB 1,300

Foot Acupressure Massage

30 minutes THB 1,100

COMO Shambhala Body Scrub

This 30-minute body polish will leave skin feeling firmer, softer and revitalised.

The treatment uses our salt and sugar scrub to exfoliate dull skin cells, followed by a refreshing shower and the application of our signature COMO Shambhala Invigorate moisturising lotion.

30 minutes THB 1,500

FACIALS

Our rejuvenating 30-minute facials are designed to give maximum results in minimum time, well-suited for those looking for a quick refresher. Our facials are suitable for all skin types, leaving you with a healthier, more radiant complexion.

Guinot Facial

30 minutes THB 1,500

All services are subject to 10 per cent service charge and 7 per cent value-added tax.

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WELLNESS SPECIALISTS

JUTHARAT WONGWIWATWAITAYA (KHUN PEAR)

Yoga Teacher

Khun Pear is a yoga instructor who started practising as an antidote to her own manic lifestyle almost two decades ago. Formerly a graphic designer working in the media industry, she found mat sessions to be energising and they changed her lifestyle for the better.

Having studied with various renowned teachers, Khun Pear, has also travelled to Mysore, India, to practice and learn from others. Although her own journey began with vinyasa and hot vinyasa styles, she now

is drawn to ashtanga yoga, with its incomparable synchronicity of breathing, body movement and mental tranquillity.

In her sessions she shares insight on her simple, present, passionate, blissful life. She encourages others to focus on developing a similarly well-balanced outlook.

60 minutes THB 2,400

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WELLNESS PACKAGES

Restorative wellness takes time. Our COMO Shambhala Packages are longer, curated experiences that combine multiple treatments and modalities to offer targeted benefits – while still being achievable in a day.

COMO Shambhala Active

Kick-start an active lifestyle you can sustain, armed with new insights about your body. This package incorporates an exercise session and treatments designed to benefit an active lifestyle.

Inclusions:

- A 60-minute group exercise class or wellness activity (timing per scheduled daily activities)
- A 60-minute private fitness and personal training
- A 60-minute Thai massage, where our therapist will maneuver your body into yoga-like stretching positions to help unblock trapped energy
- A 60-minute Foot Acupressure treatment, targeting pressure points on your feet to help rebalance your senses
- A glass of COMO Shambhala Muscle Mylk – a blend of banana, coconut milk and other enriching ingredients designed to speed recovery by reducing inflammation and replenishing nutrients

Single THB 6,200, Couple THB 11,160

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COMO Shambhala Cleanse

Cultivate an approach to wellbeing that goes beyond skin-deep. This package combines movement, body treatments and massage therapies for a sense of active renewal and gentle cleansing, along with a small gift to continue inspiring a healthy lifestyle at home.

Inclusions:

- A 60-minute private yoga class
- A 30-minute COMO Shambhala Skin Detoxifying Treatment: a scrub mixed with our PURIFY blended massage oil, to help detox and revive tired skin, assisting to improve circulation and skin tone
- A 60-minute Drainage Massage, designed to encourage lymph drainage, carrying toxins and waste away from the tissues, aiding the body's natural detoxification process.
- A glass of COMO Shambhala Lean and Clean Green Juice that boosts energy and assists immune function
- A 100ml bottle of our PURIFY blended massage oil, which combines cleansing fennel and citrus oils with the soothing effects of cypress and the refreshing scents of sweet grapefruit.

Single THB 6,100, Couple THB 10,980

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COMO Shambhala Sleep

Sleep is one of the most important components of wellness. This package sets you up for a night of true rest while you're with us. We will also suggest ways to adjust your home environment – your shower habits, aroma usage, meal schedules and more – for better sleep patterns, which will reduce stress and restore energy long-term.

Inclusions:

- A 60-minute private yoga class
- A 60-minute COMO Shambhala Massage, which uses our signature blended massage oils that assist to completely calm the mind and gently rejuvenate the body.
- A 60-minute Foot Acupressure treatment, where our therapists apply gentle pressure to the body's reflex points in order to rebalance your senses
- A 10ml SLEEP essential oil blend to use in your bath later in the evening, helping you prepare for restful sleep

Single THB 6,800, Couple THB 12,240

COMO Shambhala Beauty

Restore your natural radiance – often dulled by the daily hustle. This package consists of intense personal care as our expert therapists treat your skin, muscles, nails and senses with a variety of indulgent experiences.

Inclusions:

- A 30-minute body scrub using our INVIGORATE exfoliant, assisting to remove impurities and soften the skin
- Your choice of a 60-minute COMO Shambhala massage treatment
- A 30-minute facial helps to restore skin moisture and create a healthful glow
- A 30-minute manicure or pedicure to tidy and shape your nails
- A 10ml CALM essential oil blend to take home

Single THB 6,000, Couple THB 10,800

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METROPOLITAN
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