

**EXHALE MIAMI**  
**SERVICES + PRICING**  
**YOUR WELLBEING IS EVERYTHING**

**Spa Therapies**

**Facials**

Power (60 min) - \$265

Detox (60 min) - \$250

True (30 min| 60 min) - \$125 | \$175

Radiance (90min) - \$265

Grooming (60min) - \$185

Back (60min) - \$185

**Customized Facials**

*with Technology (60min) - \$225*

Cool Beam • Ultrasonic • Lift

*with Peel (60min) - \$225*

Brighten • Smart Peel • Z Peel

Lash Lift (60min) - \$155

Microplaning Add On - \$25

Lift Add On - \$25

**Massage**

Flow (60min | 90min) - \$180 | \$230

Couple's Flow (60min | 90min) - \$360 | \$460

Fusion (30min | 60min | 90min) - \$130 | \$165 | \$215

Couple's Fusion (60min | 90min) - \$330 | \$430

Deep Tissue (30min | 60min | 90min) - \$140 | \$180 | \$230

Couple's Deep Tissue (60min | 90min) - \$360 | \$460

Sports (30min | 60min | 90min) - \$140 | \$180 | \$230

Prenatal (60min | 90min) - \$165 | \$215

Craniosacral Therapy (60min) - \$180

Reflexology (30min) - \$140

Reiki (60min | 90min) - \$170 | \$220

Hot Towel Exfoliation Add On (Hands or Feet) - \$25

CBD Oil Add On - \$40

## **Acupuncture + Healing**

Acupuncture\*

(30min | 60min | 90min) - \$115 | \$165 | \$220

Acu-Organ Detox\* (30min | 60min) - \$115 | \$165

Acupuncture Massage\* (30min | 60min) - \$115 | \$165

Cupping\* (30min | 60min) - \$115 | \$165

*\*Available at Exhale Downtown Miami and South Beach only.*

*All acupuncturists are independently licensed practitioners with a Master's of Science Degree in Acupuncture and Oriental Medicine and are managed by IHW.*

## **Body Scrubs**

Glow Body Scrub (60min) - \$190

Glow Body Scrub + Massage (90min) - \$240

## **Nails**

Pure Manicure - \$37

Pure Pedicure - \$65

Luxe Spa Manicure - \$55

Luxe Spa Pedicure - \$100

Sports Pedicure - \$90

Polish Change - \$16

Extended Wear (add on) - \$18

Gel Removal - \$15

## **Waxing**

### **Eyes**

Brow Shaping - \$50

Brow/Lash Tinting - \$30

### **Body**

Lip - \$25

Chin - \$25

Half Leg - \$63

Full Leg - \$88

Underarm - \$35

Arm - \$58

Back - \$78

Bikini - \$40

Brazilian - \$85

## **Quick-Fix Therapies**

*Designed for minimal contact with maximum results.*

Shape Up (20min) - \$85

*Includes a Brow Tinting, Brow Shaping, and Mini Eye Lift.*

Quick Fix Facial (20min) - \$75

*Includes a cleansing, Smart Peel and 1-zone extractions.*

Radiance (20min) - \$125

*Includes a cleansing, Z Peel and Cool Beam.*

## Day Pass

Facilities + Gym with a Spa Therapy - Complimentary

Facilities + Gym without Spa Therapy - \$20

*Select spa therapies are available poolside or in-room upon request. A 25% surcharge and 20% automatic gratuity will be added.*

*Spa series 6-packs can be purchased for a 25% discount.*

## Fitness Classes

### **Class Packs**

Single - \$30

Package of Five - \$140 (\$28/class)

Package of Ten - \$270 (\$27/class)

Package of Twenty - \$510 (\$25.50/class)

### **New Guest Offer**

New Guest Wellbeing Pack - 3 classes for \$59

*First-time Exhale fitness guests only.*

### **Private Training**

Single Session - \$150 (\$135 for members)

Duo Session - \$175 (\$160 for members)

Trio Session - \$200 (\$180 for members)

## Membership

FIT. - \$109/month

SPA. - \$139/month

LIFE. - \$199/month

*\$100 initiation fee for all memberships. See membership insert for detailed information on what is included with each membership option.*

## Virtual Offerings

Virtual Fitness Class - \$10

Exhale Everywhere Virtual Membership - \$49.99/month

Virtual Private Training Session - \$150 (\$135 for members)

Virtual True Facial - \$69

Virtual Dr. Gross Detox Facial - \$89

Virtual Fire and Ice Facial - \$89

*Group Private Training sessions and Virtual Spa and Fitness Parties available. Learn more about our virtual offerings at [exhalespa.com](http://exhalespa.com).*

## Exhale Policies

**Appointments:** Appointments are recommended for spa therapies and fitness classes and can be made online or by phone. We will do our best to accommodate walk-ins. To secure your appointment, a credit card number is required at the time of your booking. For spa therapies, please arrive 15 minutes prior to your appointment to take a shower, relax, enjoy a complimentary cup of tea and calm your soul. For the safety of all guests attending Exhale fitness classes, late entrants will not be permitted ten minutes after the start of class.

**Attire:** Robes and slippers are provided for your spa therapy. Undergarments are optional during the therapies. For Exhale Barre classes, socks are required. Sneakers are required for Exhale Cardio Blast, HIIT and HIIT 30. We recommend yoga or loose-fitting clothing for Reiki and Craniosacral therapies.

**Cancellations:** We require that you notify us of cancellations four hours prior to your class or spa appointment. Twenty-four hours is required for personal training sessions, nutrition counseling sessions, and workshops. Forty-eight hours is required for group events. Teacher trainings require seven days cancellation notice. Late cancellations or no-shows will be billed to your credit card on file.

**Changing Areas:** Exhale offers fully-appointed changing rooms for your convenience. As we cannot be responsible for lost or stolen items, please avoid bringing in valuables.

**Gift Cards:** Gift cards are available in dollar amounts (not for services or packages) both online or at any exhale location. Please inquire at the front desk for guidance in selecting the ideal gift. E-mailable gift certificates are also available online.

**Group Events:** Exhale is well-versed at accommodating groups of all sizes and assisting you with unique wellbeing solutions for your event. Please inquire with us to see how we can customize your gathering.

**Payment:** Exhale accepts cash, Visa, Mastercard, American Express, and Discover. State sales tax will be charged where applicable. Prices listed are subject to change without notice. A 20% gratuity will automatically be added for all spa services.

**Series Expiration:** Spa series six-packs expire one year from date of purchase. A single fitness class expires one month from date of purchase, five-packs expire two months from date of purchase, ten-packs expire four months from date of purchase, and twenty-packs expire eight months from date of purchase.

**Service + Class Requirements:** The minimum age to experience Exhale's service offerings are: 13 years old for classes; 16 years old for facials, waxing + nail services; 18 years old for massage, acupuncture and healing modalities. Any child who is under the minimum age requirement can experience exhale at the discretion of the General Manager if his or her parent or guardian is present in the room. Massage therapies are not recommended if you are in your first trimester of pregnancy, and due to the risks involved, we are unable to perform these services.

### **EXHALE BAL HARBOUR**

*(at The Ritz-Carlton Bal Harbour, Spa Level)*

10295 Collins Avenue Bal Harbour FL 33154

305.455.5411

#MM33337

### **EXHALE DOWNTOWN MIAMI**

*(at the EPIC Hotel, 16th Floor)*

270 Biscayne Blvd Way Miami FL 33131

305.423.3900

#MM23702

### **EXHALE SOUTH BEACH**

*(at the Loews Miami Beach Hotel, St. Moritz Building)*

1601 Collins Avenue Miami Beach, FL 33139

305.200.1301

#MM32303

### **ALL EXHALE LOCATIONS**

ATLANTA

ATLANTIC CITY

BEAVER CREEK

BERMUDA

BOSTON

DALLAS

LOS ANGELES

MIAMI

NEW YORK CITY

### **EXHALESPA.COM**

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