

WELLBEING ISN'T A MAYBE

IT'S A MUST



exhale<sup>®</sup>

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*Service offerings vary by location. Please see the price menu for an accurate listing of your local Exhale's menu of services.*



## Your wellbeing is everything.

It deserves the top spot on your daily priority list — because when all is well within you, you can take on anything life throws at you.

That said, how do you put yourself first?

**You make one simple choice: Exhale.**

A unique blend of fitness and spa, Exhale is the total wellbeing experience you can escape to any time to center your body and mind.

Whether you need to slip into an hour of calm or challenge yourself in a full-body sweat session, Exhale offers the perfect menu to get you recentered, rejuvenated, and reconnected with your best you. Under the guidance of our expert team of teachers and spa therapists, you'll find exactly what you need to elevate your sense of wellbeing.

Yes, you have a million and one to-dos.

237 unread emails.

And an actual laundry list for your laundry.

## But first, Exhale.

# SPA

Your wellbeing deserves  
the top spot



**Grooming** Tailored especially for the active urban man. Ultrasonic cleansing targets ingrown hairs and clogged pores, leaving the face refined and smooth, while skin soothers calm irritation and redness. Relaxation is guaranteed with face, neck, and shoulder massage.

**Back** Don't let your face have all the fun! The back facial provides a complete cleansing for those hard-to-reach spots, combining extractions with brightening exfoliation to leave skin smooth, soft, and more even-toned. Highly recommended for the treatment of acne.

**Back + Face** A multi-tasking facial! This therapy begins with an effective exfoliating cleanser on your back to remove dead skin cells, followed by gentle extractions and a soothing massage. Then, our highly skilled estheticians will help you face the day with a deeply cleansing and hydrating facial — utilizing herbal antioxidants and natural nutrients.

**Lash Lift** Redefine the way you enhance your lashes. This rejuvenating treatment uses a gentle, keratin-based system that molds your lashes into a curled or lifted style, giving you lasting curl and definition for up to 8 weeks. Bonus: Less time spent on your morning routine so you can be up and at 'em — just like your lashes!

## FACIALS

Get that glow and leave more radiant than ever.

**Power** Perfectly customizable for powerful results. This facial therapy adapts to fit your every concern — from acne to aging to sun damage — while you experience complete tranquility. It begins with a specially selected exfoliating mask to prepare your skin for extraction and detoxification, and concludes with either our Cool Beam or Ultrasonic therapies based on your desired result. Skin is invigorated, hydrated, and smooth.

**True** Tried and true! A thorough cleansing and application of a custom enzyme exfoliation perfectly preps the skin for complexion detox. Careful extractions follow — made as painless as possible by our skilled estheticians — and then a soothing mask, selected specifically for your skin type is applied. Your face will feel refreshed and restored, and you'll feel ready to face the day. It's "truly" amazing!

**Magic** Do you believe in magic? During this all-in-one facial our expert estheticians will focus on eye, lip, neck and décolleté concerns. High-energy sound waves ease skin congestion while delicately pushing super-antioxidants deep into the skin. This therapy superbly achieves visible age-defying results...it's magic you can see!

## CUSTOMIZED FACIALS (with technology)

**Cool Beam** Enjoy an incredibly relaxing facial therapy as you repair years of skin damage, pain-free. In each Cool Beam session, a healing light is applied to the face, with particular focus on fine lines, sun spots, breakouts, and irritation. The antibacterial light sparks the production of collagen, softening fine lines as it gently reduces inflammation, diminishes acne, and hydrates. Suitable for any age and every skin type!

**Ultrasonic** The perfect combo of cleansing and correcting. The ultimate deep-pore cleansing with non-invasive ultrasonic waves make this therapy ideal for even the most sensitive skin types. Dull cells and excess oils are removed, paving the way for clearer and smoother skin. Healing nutrients go deep into the tissue to stimulate skin repair beneficial for both discoloration and scarring.

**Lift** It's time to defy gravity. This uplifting therapy utilizes gentle micro current waves to tone facial muscles, stimulate protein production, and build collagen. Muscle memory is restored, natural contours return, and under-eye puffiness is diminished. Maintain a radiant glow with a series of six monthly facials, or prep for a big event with a single intensive Lift!

## CUSTOMIZED FACIALS (with peel)

**Brighten** Get a gorgeous glow going, courtesy of this fine-line-erasing, dark-spot-removing, total skin booster. The resurfacing mask infuses the face with vitamins and antioxidants, including green tea and fruit extracts. The rejuvenation of the skin is then completed with a soothing, hydrating mask of hyaluronic acid and anti-inflammatory ingredients.

**Smart Peel** Enliven your complexion with one of three Smart Peel options, selected just for your skin type. Technology-driven and botanically-based, these peels naturally lift dull skin while infusing nourishing, cell-stimulating botanicals below — all with little-to-no discomfort or residual redness. Gentle yet thorough extractions follow peel application, as does a luxurious facial massage. Relax into glowing skin.

**Z Peel** Gentle yet incredibly effective, our Japanese mushroom enzyme mask dissolves away excess dead skin while stimulating blood flow and encouraging natural detoxification. Careful extractions follow, and then the application of a customized mask. Fatigued skin is given new life, and signs of age melt away.



## MASSAGE

Melt away tension and leave deeply relaxed.

**Flow** Love a deep tissue massage, but hate the pain? Then our signature massage is just the answer. Amazing choreographed waves of kneading open locked muscles, free energy blockages, and relieve tension. This therapy incorporates more lymphatic drainage than a traditional deep tissue, resulting in greater detoxification and an enhanced boost to the immune system. *Available as a couple's massage in select locations.*

**Fusion** A Swedish-based therapy combining the best-known therapeutic massage practices to provide an unparalleled hour of relaxation. Rhythmic massage movements are coupled with the use of powerful aromatherapy oils. Customize your massage with your choice of an uplifting, detoxifying, or relaxing herbal blend. *Available as a couple's massage in select locations.*

**Deep Tissue** Focus on those overworked muscles living well below the surface with this intensely therapeutic massage. Designed to relieve pain associated with muscle knots, heavy physical activity, and everyday stress, this therapy is deliberate and customized, targeting specific areas in need of relief. *Available as a couple's massage in select locations.*

**Sports** Customize this massage to fit your active lifestyle. A pre-event massage kicks overused and stressed muscles into gear using quick, stimulating strokes and dynamic stretching. For post-event, expect a restful yet thorough massage that repairs your fatigued muscles. Whatever your needs, this massage is built to improve flexibility, help prevent injuries, and prepare your mind and body for optimal performance.

**Prenatal** Massaging for two? Designed specifically for women in the second and third trimesters of pregnancy, this deeply soothing therapy works to improve circulation, reduce swelling in hands and feet, and release tension in the lower back, neck, and shoulders. *(Note: Exhale does not perform massage in the first trimester.)*

**Shiatsu** Finger and palm pressure, stretches, and other massage techniques come together to shiatsu you into a new state of wellbeing. This ancient therapy encourages the proper flow of Qi, or life energy, which in turn improves circulation, relieves stiff muscles, and alleviates stress. Guests should wear loose fitted and expect to change positions throughout the massage.

**Craniosacral** Relieve your headaches, stiff neck, and achy back pain with this unique healing body therapy. Through gentle pressure and small rhythmic pulses, this therapy will clear blockages around the spine, skull, and surrounding connective tissue to restore craniosacral rhythm. You will leave feeling alleviated, relaxed and tension-free.

**Reflexology** Rebalance with reflexology, an ancient healing technique. Pressure is applied to distinct reflex points on the body using specific thumb, finger, and hand techniques, with particular emphasis on the feet. The therapy releases energy and improves circulation, contributing to overall wellbeing. Reflex and relax!

## ACUPUNCTURE + HEALING

An ancient technique with real healing powers.



**Acupuncture\*** Needle your way to better health with acupuncture. This 5000-year old curative practice calls for the painless insertion of tiny pins into distinct points on the body. It benefits all disease, as well as emotional and spiritual imbalances. While a single acupuncture session can provide relief, results are cumulative and multiple visits are therefore recommended.

**Acupuncture for Pain Relief\*** There's 5000 years of power behind this pain relieving technique. Acupuncture is a time-tested tool that reduces pain and increases function, no matter what ails you. Pinpoint and effectively treat chronic or acute pain, sports injuries, sciatica, migraines, and more.

**Acupuncture for Stress Reduction\*** Needle little stress relief? Stress debilitates the mind and body and diminishes our ability to thrive and be well. Get to the point with Acupuncture and reduce stress, strengthen immunity, calm the spirit, and enhance your ability to prosper in a sometimes stressful world.

**Acu-Organ Detox\*** Acupuncture meets abdominal massage for incredibly cleansing, detoxifying results. Begin your therapy with a tailored acupuncture session targeting the digestive system, then relax with a hot oil abdominal massage. Toxins are released and organ function enhanced. You will feel lighter and energized throughout the day.

**Acupuncture Massage\*** Two supremely restorative practices join forces to rebalance mind and body alike. Acupuncture points are chosen based on your specific needs. Needling is followed by a relaxing massage that boosts the results of the acupuncture. This therapy offers a great option for those looking to both improve wellbeing while enjoying real relaxation.

**Cupping\*** Consider this needle-free therapy a reverse massage. Skin is lifted through suction, bringing blood to the surface and improving circulation. Cupping benefits the lungs, treats coughs and asthma, and combats pain in multiple areas of the body. Expect some painless discoloration on the skin.

**Reiki** A unique, healing therapy, Reiki restores the body to equilibrium through the transfer of beneficial energy. Treatment can be localized to the site of a specific ailment or conducted across the body. You will enjoy feelings of warmth and comfort, and may very well find yourself in a deep state of relaxation.

**Acu 20/20\*** New to acupuncture, or just not sure what to expect? Our skilled therapists will show you what it's all about with a welcoming and explanatory sampling, along with a personal consultation to help you discover what acupuncture can do for you! (Valid for first-time acupuncture guests only.)

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

## BODY SCRUBS

Feel softer and smoother from head to toe.

**Glow Body Scrub** Polish your skin like never before with Exhale's signature body scrub therapy! Dry brushing and body scrubbing techniques are used in tandem to exfoliate and improve the skin while detoxifying the body and increasing circulation. A rich application of antioxidant moisturizer follows. It's the perfect prep for a new season (or just a new day).

**Glow Body Scrub + Massage** This best of both worlds therapy will leave your body and mind glowing. The detoxification and exfoliation of our signature Glow Body Scrub is combined with the healing and de-stressing powers of massage for glow-it and show-it results.

## NAILS

Mind-body satisfaction includes your fingers — and toes.

**Pure Manicure** Add a touch of glam to hands with a full-palm pampering. Cuticles are soaked and softened, then gently buffed. Hands are massaged with ginger-infused lotion, then treated to an application of the perfect shade of polish. Select from your choice of organic or traditional polish.

**Pure Pedicure** A treat for the feet! An organic lavender scrub exfoliation is followed by a moisturizing ginger mask and hot towel wrap. All natural callus remover and organic heel balm gently smooth and seal skin, and toes are topped off with your choice of organic or traditional polish.

**Gel Add On** Protect and perfect! This uniquely long-lasting nail therapy combines the latest technology in nail color and LED lights to offer an instantly dry, always flawless finish. The gel actually provides a protective layer to the nail, encouraging growth while minimizing breakage. Add this option to your manicure or pedicure to enjoy longer, stronger, shinier nails every day!

**Luxe Spa Manicure** Needless to say you'll have noticeable nails. This cuticle cure includes an Eco-fin mask — an all-natural, petroleum-free alternative to paraffin to give your hands that super-soft, oh-so touchable feel. Select your shade of organic or traditional polish to give your fingers the final touch.

**Luxe Spa Pedicure** Soft and smooth feet that can't be beat! This indulgent foot therapy includes a rich blend of palm, soy, jojoba, and organic coconut oils with Shea butter to moisturize your skin and cure calluses. Hot stone massage will leave your feet feeling fabulous before you pick your polish.

**Sports Pedicure** A treat for active feet. A therapeutic Epsom salt bath alleviates aches and pains before fitness related foot troubles are addressed with exfoliation, toenail trimming and reflexology. It's the perfect pedicure to leave your feet looking and feeling as healthy as you do.

## WAXING

Your exit strategy for unwanted hairs.

Exhale therapists are experts in hair removal, conducting waxings efficiently and as painlessly as possible within the soothing and relaxing spa setting. Lash and brow tinting are also offered at select locations, affording the perfect complement to the perfect wax.

### Available waxings include:

- Brows
- Lip
- Chin
- Leg (lower, upper, or full)
- Underarm
- Arm
- Back
- Bikini
- Brazilian



# FITNESS

Your hour, your wellbeing



## BARRE

Leaving you toned, lengthened, and standing taller.

**Barre** This is what we're famous for. Our barre class combines our signature approach of sustained holds and micromovements with decades of innovation and the latest movement science – straight from the experts. Leave no muscle untouched in this effective total body workout that will tone your muscles and make you shake. (Trust us – it burns so good.) Stand taller. Leave stronger. (Socks required)

**Barre+Cardio** Break a sweat, pulse deeper, and burn more — all in one intense, efficient, barre-meets-cardio hour. Spend half the class on your mat with hand weights as you move through rapid cardio intervals. Then hit the barre for muscle-defining micro-moves. You'll end the hour feeling accomplished and ready to take on anything.

## CARDIO

Burn calories, rev your metabolism, and get the results you crave.

**Cardio Blast** We've redefined Cardio training. This 45-minute, non-stop workout will keep your mind engaged — and give you real results. It's toning and endurance using the ultimate combination: cardio intervals to break a sweat. Kick-boxing moves to tone and strengthen. Bonus: the playlist is insanely motivating. You'll leave with an endorphin-high, a healthier body, and a new favorite song. (Sneakers required.)

**HIIT** Get ready. This is high-intensity interval training — the revolutionary and famously effective training method to advance your metabolism, heighten your energy, and keep you burning calories all day long. Amplify your fitness using props like TRX, weights, and cutting-edge Step360 technology designed to improve your body's balance and stability. Go all-out with high-intensity intervals, then mix in mindful moments of active recovery. Pace yourself, breathe, and tune everything else out. Embrace the challenge and leave changed. (Sneakers required.)



## PRIVATE TRAINING

### Private Barre, Yoga, + strength training

Ready to push yourself to the next level? See amazing results with Exhale's Private Training program. You'll work one-on-one with experienced Exhale teachers and personal trainers to combine strength training and cardio with yoga and core moves to completely change your body. Get ready for visible, body-changing results as you progress and increase your fitness level and overall wellbeing.

**HIIT 30** Don't hold back. This exhilarating, high-intensity interval training class is just 30 minutes of non-stop movement. For maximum efficiency, it's all done in one place: on your mat. Fire it up with high-intensity intervals using weights, core balls, and your own body weight. Tone and strengthen as you sweat with scalable, full-body exercises proven to bring your fitness to a maximum. Get lost in the moment and come out stronger. (Sneakers required)

**Cycling** A cut above your average indoor cycling workout. Push past your limits. Conquer hills, jumps and sprints. Lose yourself in the rhythm of our expertly curated playlists. Breathe, sweat, and experience a breakthrough — all on a bike. It's a fun, sweaty ride, focused on rhythm so you forget how hard you're working! The end result? An endorphin-filled high for the rest of the day.

## YOGA

### Calming poses. Strengthening flows.

#### A journey on your mat.

**Flow Yoga** Mindful movement. Athletic, inspiring flows. Deep breaths. Because of the smooth way the poses run together, and the focus on alignment, this is our most popular yoga class. Flow to the latest beats through poses that leave you a little stronger, a little sweatier, and a lot more relaxed than when you came in.

**Power Yoga** Strike a Power pose. This is flowing, athletic yoga — with a dash of energy and personal discovery. Build strength and tone your whole body as you move to upbeat tracks. Along with a few deep breaths, you're in for a sweat-inducing, mood-boosting hour. You'll leave feeling powerful, strong, and ready for anything.

**Chill Yoga** This is the class you never knew you needed. Picture a dark room, a blanket, bolster, and mat — and the most relaxing hour of your day. Through long-held, restorative poses, you'll relieve hard-worked muscles, take a break from the daily hustle, and enjoy an hour to simply "chill". Your mind — and your body — will thank you.

# WELLBEING PROGRAMS

## Transformational packages and journeys

**The Exhale Experience Package** Make it a spa day with this head-to-toe package that includes a 60-minute Fusion Massage, 60-minute True Facial, Pure Manicure, and Pure Pedicure.

**The Exhale Essentials Package** Relax and get glowing with our two most popular therapies; a 60-minute Fusion Massage and 60-minute True Facial.

**Bridal Boot Camp** Get ready to walk down the aisle in the best shape of your life! Choose from exhale's 6- and 12-week programs, both of which include a series of classes, facials, weekly check-ins, and more. We'll leave you toned, tightened, cleansed — and ready for your big day!

**Workshops, Teacher Trainings + Retreats** Embrace a new challenge with Exhale workshops, teacher training programs, and retreats. Each offers a deeper dive into elements of the Exhale programming through intimate sessions with top teachers. Whether you choose to commit an hour or multiple weeks to enhancing your Exhale experience you will emerge transformed and energized.

**Groups** At Exhale we provide everything needed to create the perfect event. Whether you're planning a corporate outing, preparing for the "big day", or simply hosting a spa party for friends, there's no better place to gather a group for relaxation, rejuvenation, and fun.

# POLICIES

**Appointments** Appointments are recommended for spa therapies and fitness classes and can be made online, through our app 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 at least 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 Barre classes, socks are required. Sneakers are required for 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 offer fully-appointed changing rooms for your convenience. As we cannot be responsible for lost or stolen items, please avoid bringing in valuables.

**Gift Cards** Exhale gift cards are available in dollar amounts both online or at any Exhale location. Please inquire at the front desk for guidance in selecting the ideal gift. E-gift cards 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 our Manager of Guest Experience 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. Tipping is left to the discretion of our guests. For your convenience, envelopes are provided at the reception desk. A 20% gratuity is automatically added for spa services in all our Miami locations.

**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 Spa Director 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.

ATLANTA

ATLANTIC CITY

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