

SPA THERAPIES

FACIALS

Power (60min)	\$265
Detox (60min)	\$250
True (30min 60min)	\$125 \$175
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 (Foot or Hand) Add On	\$25

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
Acu 20/20* (20min) first time acu guests only	\$20

*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
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BODY

Lip	\$25	Arm	\$58
Chin	\$25	Back	\$78
Half Leg	\$63	Bikini	\$40
Full Leg	\$88	Brazilian	\$85
Underarm	\$35		

QUICK-FIX THERAPIES

Designed for minimal contact with maximum results

Shape Up (20min)	\$85
<i>Includes a Brow Tinting, Brow Shaping, and Mini Eye Lift.</i>	
Quick Fix Facial (20min)	\$75
<i>Includes a cleansing, Smart Peel and 1-zone extractions.</i>	
Radiance (20min)	\$125
<i>Includes a cleansing, Z Peel and Cool Beam.</i>	

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

Fitness (annual)	\$150/month
Spa (annual)	\$110/month

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.

exhale®

EXHALE SOUTH BEACH

1601 Collins Ave Miami Beach FL 33139
305.200.1301 exhalespa.com

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.