

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

LOS ANGELES

MIAMI

NEW YORK CITY

EXHALESPA.COM

instagram: @exhalespa

facebook.com/exhalespa | twitter: @exhalespa

EXHALE MIAMI SERVICES + PRICING

YOUR WELLBEING IS EVERYTHING

SPA THERAPIES

FACIALS

Power (60min)	\$280
Detox (60min)	\$265
True (30 min 60min)	\$190
Grooming (60min)	\$240
Radiance (90min)	\$330
Back (60min)	\$200
Customized Facials	
with Technology (60min)	\$240
Cool Beam • Ultrasonic • Lift	
with Peel (60min)	\$240
Brighten • Smart Peel • Z Peel	
Lash Lift (60min)	\$210
Lift Add On	\$50

MASSAGE

Flow (60min 90min)	\$200 \$275
Couple's Flow (60min 90min)	\$205 \$265
Fusion (30min 60min 90min)	\$145 \$180 \$250
Couple's Fusion (60min 90min)	\$190 \$260
Deep Tissue (30min 60min 90min)	\$160 \$200 \$275
Couple's Deep Tissue (60min 90min)	\$205 \$265
Sports (30min 60min 90min)	\$160 \$200 \$275
Prenatal (60min 90min)	\$180 \$250
Craniosacral Therapy (60min)	\$200
Reflexology (30min 60min)	\$155 \$195
Reflexology (60min 90min)	\$185 \$240
Hot Towel Exfoliation Add On (Hands or Feet)	\$25
CBD Oil Add On	\$45

ACUPUNCTURE + HEALING

Acupuncture*	
(30min 60min 90min)	\$130 \$180 \$245
Acu-Organ Detox* (60min)	\$180
Acupuncture Massage* (30min 60min)	\$115 \$180
Cupping* (30min 60min)	\$115 \$180

*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)	\$230
Glow Body Scrub + Massage (90min)	\$305

NAILS

Pure Manicure	\$40	Pure Pedicure	\$65
Luxe Spa Manicure	\$60	Luxe Spa Pedicure	\$150
Sports Pedicure	\$90		
Polish Change	\$16		
Extended Wear (add on)	\$18		
Gel Removal	\$35		

WAXING

Brow Shaping	\$50	Brow/Lash Tinting ..	\$30
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>	

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.

exhale®