

exhale BROCHURE



 exhale<sup>®</sup>  
MINDBODYSPA



## exhale CONTENTS

- 1-2 **About exhale**
- 3 **Restore with spa offerings**
- 4-5 Face
- 6-7 Body - Massage
- 7-8 Body - Acupuncture + Energetic Therapies
- 8 Body - Specialty Body Therapies + Scrubs
- 10 Nails
- 10 Brows, Lashes + Waxing
- 11 **Revive with mind body programming**
- 12-13 Core Fusion
- 13 Yoga
- 14 Private Training + Stretching
- 15-16 **Transformational Packages + Journeys**



## revive

WITH EXHALE'S MIND BODY PROGRAM



Exhale offers unparalleled, transformational mind body programs within an inspiring yet relaxing sanctuary. We live and breathe the yin and the yang, believing that when energy shifts, transformation results. We follow the breath, which both invigorates and calms, connecting mind and body and opening us up to positive change.



## restore

WITH EXHALE'S SPA OFFERINGS



Our guests revive with our award-winning series of Core Fusion and yoga classes, all exclusive to exhale and all physically and mentally challenging. They restore with our complete menu of spa therapies and services, which perfectly leverage ancient and new spa practices alike. Together these offerings allow for the perfect balance. **revive. restore. exhale.**



restore



## WITH EXHALE'S SPA OFFERINGS

**Recognize real results as you rebalance with our complete menu of spa therapies. Our experienced team of therapists leverages ancient and new spa practices alike to administer rejuvenating facials, therapeutic massages, and redefining body work including acupuncture and other Eastern modalities. Expert waxers and nail technicians make exhale the perfect one-stop shop for all of your personal needs. Get ready to restore and transform.**

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

### FACE

**EXHALE 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.

**EXHALE 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. Your face will feel refreshed and restored, and you'll feel ready to face the day. It's "truly" amazing!

**PURE** Luxurious organic products make for a refined facial refresh. Enjoy a gentle exfoliation to cleanse and naturally resurface skin, followed by a deep hydration, and an infusion of botanicals and antioxidants. The result: plump, smooth, and glowing skin. Breathe deeply as you relax and take in the signature aromatherapy blends featured in this therapy.

**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!

**LIFT** Gravity? What 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. The therapy's impacts are preventative as well as corrective, so the sooner you start lifting, the better your skin will be!

**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.

**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.

**MENS** 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.

**SKINCARE REVOLUTION** Whip your skin into amazing shape with our facial boot camp. Perfect prep for a big event such as a wedding or a reunion, this series of 4 to 12 custom facials is also recommended to guests who have been struggling with skin conditions for a prolonged period of time. Our structured approach will help you to clear up existing issues while preempting further damage and issues.



## BODY (MASSAGE)

**EXHALE 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.

**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 couples 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 couples massage in select locations

**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: not recommended for first trimester pregnancies)

**OM BODY THERAPY “TUI NA”** Bring balance to the body with this Chinese Taoist and martial arts based therapy. Multiple hand techniques including brushing, kneading, and rolling are used to massage the body, while acupressure techniques are integrated to better the flow of Qi, or energy, through the muscles. An excellent approach to healing tendons, ligaments, and joints.

**FOUR-HANDED MASSAGE** Two therapists, four hands, endless relaxation. This synchronized therapy soothes as it smoothes, relieving stressed muscles, weary limbs, and tension tightness. The ultimate in self-indulgence!

**SHIATSU** Finger and palm pressure, stretches, and other massage techniques come together to Shiat-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 clothing for Shiatsu, and expect to change positions throughout the massage.

**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 results of the treatment. This therapy offers a great option for those looking to both improve wellbeing while enjoying real relaxation.

**CRANIOSACRAL THERAPY** Release mind and body with this unique body therapy, which gently works the central nervous system to relieve mental stress, neck and back pain, and even certain types of headaches and spinal nerve problems. Expect focus on the spine, skull, and surrounding connective tissue as blockages are cleared and craniosacral rhythm restored.

**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!

## **BODY (ACUPUNCTURE + ENERGETIC THERAPIES)**

**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.

**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, treating 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.



**VIBRATIONAL THERAPY** Get a total tune up with this relaxing and gentle therapy, which leverages tuning forks to relieve pain, increase mental focus, and create a general sense of wellbeing. Specific points on the body may be targeted, as well as the overall aura. This non-invasive approach to healing is a perfect complement to other restorative therapies.

**EXHALE ESSENTIALS** The perfect body boost! Custom blends of essential oils are applied to unique acupuncture points. Imbalances become rebalances as the body is healed and restored.

**ACU-ORGAN DETOX** Acupuncture meets abdominal massage and an incredibly cleansing, detoxifying hour 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 across the day.

## **BODY (SPECIALTY BODY THERAPIES + SCRUBS)**

**CORE CONTOURING** Slim, tighten, and tone with Core Contouring by Lipo Light. LED Light works to increase collagen and elastin in the skin while triggering the body's own natural ability to break down fat. Enjoy the warmth of the light as it painlessly refines and sculpts. Best results occur when coupled with regular exercise. Core Contouring can be experienced alone or as an add-on to other therapies.

**POWER BODY DETOX** Slim, trim, and sculpt away! Each detox takes inches off through an application of detoxifying, thermogenic slimming clay coupled with a state of the art muscle stimulation device. Enjoy this amazing therapy before a big event or just because. Results are cumulative and a series is recommended. (note: not suitable for women who are pregnant or breast-feeding, or for those with heart or circulatory conditions)

**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).

**HAMMAM DETOX THERAPY** Experience our signature revitalizing body scrub therapy as you lounge inside the co-ed hammam. First, enjoy a head-to-toe wash of warm water to soften skin, increase perspiration, and stimulate detoxification. Then relax on the heated hammam stone and experience a two-step exfoliation, including an organic aromatherapy scrub customized to your preference of scent. Finally, all traces of scrub are rinsed away with soothing, cooling water, and an aromatherapy mist is applied to seal in the therapeutic benefits. (note: a bathing suit is required for this therapy)



## NAILS

**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, and — once dry — 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.

**EXTENDED WEAR MANICURE** Take your manicure up a notch with the extended wear gel nail therapy. 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 to enjoy longer, stronger, shinier nails every day!

**EXTENDED WEAR PEDICURE** Perfect your pedicure with an extended wear gel nail therapy. 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 pedicure to enjoy longer, stronger, shinier nails every day!

## BROWS, LASHES + WAXING

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

### Available body waxings include:

- brows
- lip
- chin
- cheek
- leg (lower, upper, or full)
- underarm
- arm
- chest
- back
- bikini



**revive**



WITH EXHALE'S MIND BODY PROGRAM

**See what everyone is buzzing about! Our award-winning series of classes challenge you physically and mentally every time you enter the studio. All of our yoga and Core Fusion classes are exclusive to exhale, and all work in tandem with one another to give you the most well-rounded, balancing fitness routine imaginable. Get ready to revive and transform.**

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

**CORE FUSION**

**CORE FUSION** Our signature class! A combined 50+ years of collective teaching experience were put against the development of this challenging barre-based workout, which combines core work with Pilates, yoga, ballet and dance principles to stretch, tone, and lengthen muscles like never before. Classes are taught at one of three levels: basic, open, or advanced. All are sure to provide a challenging workout, with the open and advanced classes building upon the fundamentals learned in the basic class. New guests are encouraged to start with basic classes.

**CORE FUSION BOOT CAMP** Lunges and planks and yoga, oh my! Our newest addition to the Core Fusion regime combines signature moves from all the core classes to present you with the ultimate strength and cardio challenge (which just happens to include a full 15 minutes of ab work)!

**CORE FUSION CARDIO** Get ready to sweat. This barre-less class leverages moves from the original Core Fusion class, but combines them with sets of plank runs (like mountain climbers, but worse!) to raise your heart rate and maximize calorie burn — all while sculpting and lengthening muscles.





**CORE FUSION SPORT** We've taken the barre out of Core Fusion and added in the core ball to create a class perfect for your inner athlete! Work both laterally and side-to-side with the weighted ball as you jump, push up, and twist to hit every muscle in and around your core.

**CORE FUSION YOGA** An athletic yoga practice incorporating elements of Core Fusion. Asanas are blended with additional legwork and core work to enhance the yogic challenge. This flowing yoga class will leave you sweating, strengthened, and stretched.

## YOGA

**ABSOLUTE BEGINNER YOGA** This beginner level class is designed exclusively for new yoga students. In this straight-forward and supportive class environment, you will be introduced to the basics of yoga and build the foundation for your yoga practice. Learn basic yoga postures, correct positioning, the art and benefits of breathing, and how to incorporate props into your practice. Loose, comfortable clothing and bare feet are recommended!

**EXHALE SLOW FLOW** This class is perfect for both starting a new practice and enhancing an existing one. Exhale Slow Flow is a dynamic series that will break down yoga postures and focus on alignment. Enjoy an experience that can help to deepen your practice and build strength and flexibility at a level of challenge that will be determined by you.

**EXHALE VINYASA FLOW** This class offers a flowing practice appealing to students who have yoga experience and are comfortable with yoga postures and sun salutations. Exhale Vinyasa Flow integrates breath and movement, inner and outer alignment, and strength and flexibility. Class is accompanied by music for a rejuvenating and balancing effect.

**EXHALE YIN** Exhale yin is appropriate for students of all ages, fitness, and flexibility levels. Absolute beginners to experienced yogis are welcome! The class offers an excellent complement to other yoga or Core Fusion classes as well as sports and independent exercise. Using long, passive holds, Yin works on the deep, dense connective tissues of the body — the tendons, ligaments and cartilage — which are difficult to energize and open. A deep, passive practice settles you into these poses for three to eight minutes. Flexibility is increased as joints and muscles rehabilitate and restore.

**MUSIC YOGA FLOW** This class is geared to the seasoned student who likes to sweat and be challenged both physically and mentally. A strong emphasis on linking breath to movement creates a steady and consistent flow from pose to pose, encouraging a meditation in motion. Each class is set to a unique music mix blending rock, reggae, hip hop, blues and world beats. Get ready to let go!

**PRANAVAYU** PranaVayu is offered at both the beginner and the more advanced levels, making it an excellent match for all yogis. Class focuses on traditional breathing, or pranayama, as well as a full warm-up and cool-down cycle designed to enhance flexibility and muscle recovery. A specific sequence of poses is practiced to focus on all important ranges of motion. Every PranaVayu class concludes with 15 minutes of guided meditation in savasana — the perfect restoration.



## PRIVATE TRAINING + STRETCHING

**PRIVATE 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.

**THAI STRETCHING** Enjoy an amazing hour with this unique blend of yoga and massage. Thai Therapy promises a balanced and whole body workout, and is the perfect complement to a new or an existing fitness routine. Each session mixes yoga contact work with assisted stretching to better body alignment — you'll emerge feeling balanced, elongated, and relaxed. We recommend that you wear yoga or loose-fitting, comfortable clothing and socks for this therapy.



EXHALE'S TRANSFORMATIONAL  
PACKAGES + JOURNEYS

**Immerse yourself in wellness with dedicated programs crafted by exhale's experts. Find flawless skin, reshape your body, define your diet, and restore your mind with proven curriculums. Our knowledgeable teachers, therapists, and healers join you on your journey and guide you to your goals. Get ready to revive, restore, and transform.**

**DAY OF RESTORATION** Restore, restore, and then restore some more with this perfect spa package, offering a bit of healing and polish for each and every bit of you. Enjoy an unparalleled hour of relaxation with a rhythmic Fusion Massage. Then refresh with a cleansing and exfoliating True Facial. Top it all off with a Pure Manicure and Pure Pedicure, using your choice of regular or organic polishes. Expect to feel amazing!

**NUTRITION + WELLNESS COACHING** Achieve your goals with the help of an exhale nutrition professional. Exhale's Nutrition and Wellness Coaching program partners you with an experienced nutritionist who will listen, teach, and support you in your journey to better health. All of exhale's Nutrition and Wellness Coaches are registered dietitians or certified nutritionists, or hold advanced degrees in nutrition.

**FERTILITY PROGRAM** This life-changing program seeks to understand the root cause of infertility and then apply holistic tools for treatment. Our comprehensive approach brings together Chinese medicine, acupuncture, nutrition, yoga, and massage therapy to effectively heal, rebalance, and enhance reproductive function.

**SIX-WEEK CORE EVOLUTION** Ready for an overhaul? Redefine your entire approach to wellbeing with exhale's Six Week Core Evolution, a program designed to change the way you live and feel. Unlimited Core Fusion and yoga classes meet weekly nutrition and wellness coaching sessions to challenge and transform your body. Exclusive spa and boutique discounts help you restore throughout. Get ready to meet a whole new you.

**SKINCARE REVOLUTION** Whip your skin into amazing shape with our facial boot camp. Perfect prep for a big event such as a wedding or a reunion, this series of 4 to 12 custom facials is also recommended to guests who have been struggling with skin conditions for a prolonged period of time. Our structured approach will help you to clear up existing issues while preempting further damage and issues.

**ACUPUNCTURE FOR WEIGHT LOSS** Get the skinny on acupuncture with this holistic weight loss program. Acupuncture's 5,000 year old system of healing can facilitate weight loss by addressing a number of underlying issues including slow metabolism, food cravings, and low energy levels. Combine with our Nutrition and Wellness Coaching to see maximum impact!

**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, and 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 mind body program 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.

**ATLANTA**

**BOSTON**

(3 LOCATIONS)

**BRIDGEHAMPTON**

**CHICAGO**

**DALLAS**

**LOS ANGELES**

(2 LOCATIONS)

**MIAMI**

**NEW YORK CITY**

(6 LOCATIONS)

**STAMFORD**

**TURKS + CAICOS**

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