

## FACE

g.r.n. 30 min	\$90
true 30 min   60 min	\$95   \$145
men's 60 min	\$155
lift 60 min	\$200
magic 90 min	\$380
power 60 min	\$285
back 45 min	\$130
brighten add on   30 min	\$80   \$105
cool beam add on   30 min	\$90   \$135
eye lift 30 min	\$90
eyes add on only	\$70
smart peel add on   30 min	\$55   \$70
ultrasound add on   30 min	\$90   \$135
z peel add on   30 min	\$90   \$135
six week skin correction program series of six 60 min customized facials	\$1150

\*Any above facials can be purchased in a pre-paid series of six at a 15% discount. Add ons not included.

## BODY

fusion massage 30 min   60 min	\$90   \$125
four handed fusion massage 60 min	\$250
deep tissue massage 30 min   60 min	\$105   \$140
deep flow massage 60 min	\$140
craniosacral therapy 60 min	\$135
glow body scrub 60 min	\$145
power body detox 60 min   series of six	\$185   \$944
prenatal massage 60 min	\$125
redrock detox™ paraffin add on only	\$20
reflexology 30 min	\$105
reiki 60 min	\$135
shiatsu 60 min	\$135
thai therapy 60 min	\$160

## HEAL

herbal or oriental medicine consultation 20 min	\$20
acupuncture 30 min   60 min	\$100   \$150
acu-organ detox 60 min	\$150
acu-energetic therapy 30 min (needle-free)   60 min	\$100   \$150
acupuncture massage 60 min	\$150
cupping 30 min (needle-free)   60 min	\$100   \$150
exhale essentials 30 min (needle-free)   60 min	\$100   \$150
tui na 60 min (needle-free)	\$135
vibrational therapy 30 min (needle-free)   60 min	\$100   \$150

## NAILS

pure manicure	\$30
opi gel manicure add on   45 min	\$25   \$50
with redrock detox™ paraffin	add \$20
french tips	add \$10
pure pedicure	\$53
opi gel pedicure add on   45 min	\$30   \$65
with redrock detox™ paraffin	add \$20
french tips	add \$20

## WAXING

### EYES

brow shaping	\$35	brow tinting	\$25
brow tweezing	\$35	lash tinting	\$25

### BODY

lip	\$18	arm	\$40
chin	\$18	chest	\$50
cheeks	\$30	back	\$60
leg (lower)	\$40	bikini (basic)	\$35
leg (upper)	\$45	bikini (full)	\$55
leg (full)	\$75	bikini (brazilian)	\$80
underarm	\$25		

## WELLBAR (Express Therapies)

### FACE

blemish banish	\$20	luscious lip	\$20
hangover helper	\$20		

### HEAL

guided meditation	\$30	vibrational therapy	\$40
aromatherapy scalp + hand massage	\$40	wellness check-up	\$20

### NAILS

express manicure	\$15	pedi protector	\$20
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## SPA PACKAGE

<b>revive + restore</b>	\$310
Includes a Pure Manicure and Pedicure, 60-minute True Facial and 60-minute Fusion Massage.	

## LOCATION INFORMATION

### EXHALE MIDTOWN

150 CENTRAL PARK SOUTH NEW YORK, NY 10019

T 212 249 3000 F 212 561 7415 [EXHALESPA.COM](http://EXHALESPA.COM)

## WELLNESS + NUTRITION

wellness coaching initial consultation	\$190
wellness follow up session 30 min   60 min	\$80   \$150
five 60 minute nutrition sessions	\$700
seven 30 minute nutrition sessions	\$500

## HEALING PROGRAMS

**7 day restoration retreat** \$425 | members \$375

Includes a 60-minute True Facial, 60-minute Deep Flow Massage, 60-minute Thai Therapy and seven days of unlimited mind body classes.

**6 week core evolution** \$1200 | members \$750

Includes six nutritional sessions, unlimited mind body classes, and discounts on spa and healing therapies and retail purchases.

**blueprint cleanse® 1, 3, 5 + 6 day** pricing varies

This juice cleanse will gently rid your body of impurities, regain an alkaline balance and normalize digestion and metabolism. BPC is designed for people that would like to give their insides a rest while simultaneously going about their daily lives.

**mind body cleanse** \$295

Includes a three-day Blueprint Cleanse®, three mind body classes, and one therapy of your choice — a 60-minute Fusion Massage, 60-minute True Facial, or 30-minute Acu-Organ Detox.

**herbal cleanse** \$615 | \$515 members

Includes the Blessed Herb Colon Cleansing Kit™, nutrition wellness coaching, a 60-minute Acu-Organ Detox, 60-minute Fusion Massage, and unlimited mind body classes based upon availability.

## FERTILITY PROGRAM (The Berkley Method for Reproductive Wellness)

initial consultation 90 min	\$250
fertility follow up session 30 min	\$135

Following consultation, full 3-month, 6-month, and 9-month programs are available. See a Guest Services Associate or call for more details.

## YOGA PER CLASS + SERIES PRICING

single session	\$23	package of twenty	\$370
package of five	\$110	personal session	starting at \$150
package of ten	\$210		

## CORE PER CLASS + SERIES PRICING

single session	\$35	package of twenty	\$560
package of five	\$160	personal session	starting at \$150
package of ten	\$300		

## MONTHLY MEMBERSHIP OPTIONS

Spa, mind body, and corporate memberships are available. Call for more details and pricing.

