



 exhale[®]



exhale's thoughtful menu of spa therapies expertly pairs both ancient and modern spa practices for results-oriented outcomes.

The welcoming atmosphere accommodates both individuals and groups for massage, facial, waxing and nail therapies. Reserve now to experience the art of wellness with exhale.

Facials

Tranquility

30 min \$135 | 50 min \$160

Deeply cleanse, exfoliate and hydrate the skin with a proven infusion of powerful herbal antioxidants and natural nutrients.

True

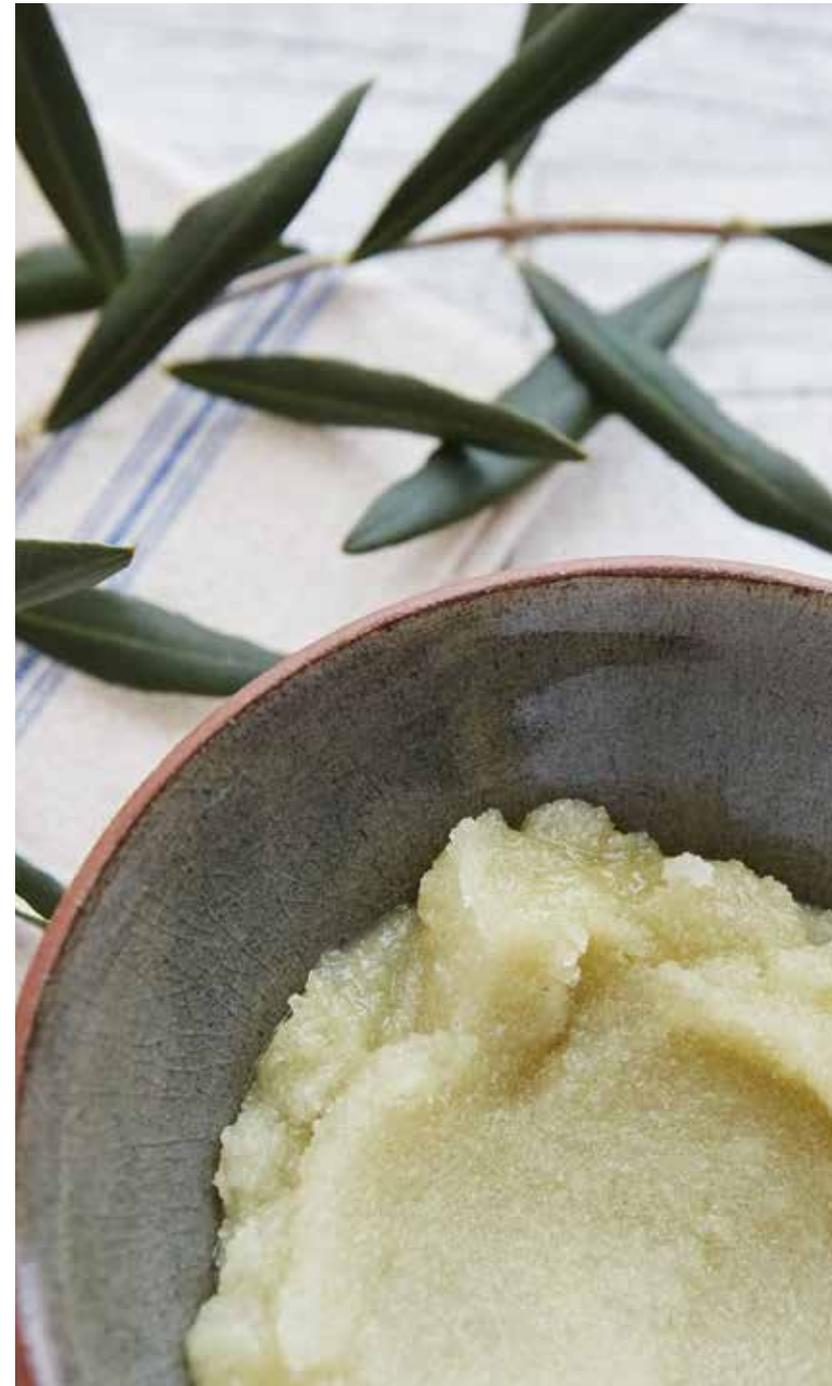
30 min \$135 | 50 min \$160

A thorough cleansing and application of a custom enzyme exfoliation perfectly preps the skin for complexion detox. Careful extractions follow (50-minute only) — made as painless as possible by our skilled estheticians — and then a soothing mask, selected specifically for your skin type.

Cool Beam

30 min \$170 | 10 min add on \$75

This incredibly relaxing facial will repair years of skin damage, pain-free. 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.





Facials *(continued)*

Z Peel

30 min \$170 | add on \$75

Gentle yet incredibly effective, our Japanese mushroom enzyme mask dissolves away excess dead skin while stimulating blood flow and encouraging natural detoxification. Application of a customized mask follows, and fatigued skin is given new life.

Men's

50 min \$160

Tailored especially for the active urban man. Careful 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.

Holistic Back + Face

80 min \$260

This therapy begins with an effective exfoliating cleanser on your back to remove dead skin cells, followed by gentle extractions and a soothing massage. You'll end with a deeply cleansing and hydrating facial — utilizing herbal antioxidants and natural nutrients.

Massage

Fusion

30 min \$120 | 50 min \$150 | 80 min \$205

A Swedish-based massage therapy uses rhythmic massage movements coupled with the use of powerful aromatherapy oils. Customize your massage with your choice of an uplifting, detoxifying, or relaxing herbal blend.

Provo Deep Flow

30 min \$135 | 50 min \$170 | 80 min \$215

A deep tissue massage without the pain, amazing choreographed waves of kneading open locked muscles, free energy blockages, and relieve tension.

Deep Tissue

30 min \$150 | 50 min \$185 | 80 min \$230

Designed to relieve pain associated with muscle knots, heavy physical activity, and everyday stress, this deep tissue therapy is deliberate and customized, targeting specific areas in need of relief.





Massage (continued)

Couple's Romance

50 min \$420 | 80 min \$525

This deeply relaxing side-by-side massage utilizes the power of rose essential oils to uplift your spirits, calm the mind, and send you into a state of total zen. An incredibly calming scalp massage completes the experience.

Prenatal Massage

50 min \$150

Designed specifically for women in the second and third trimesters of pregnancy, this deeply soothing prenatal massage therapy works to improve circulation, reduce swelling in hands and feet, and release tension in the lower back, neck, and shoulders. Note: this massage is not performed for women in their first trimester.

Reflexology

30 min \$85 | 50 min \$150

Pressure is applied to distinct reflex points on the feet using specific thumb, finger, and hand techniques. The therapy releases energy and improves circulation, contributing to overall wellbeing. Reflex and relax!

Thai Stretch

50 min \$190

Incorporating yoga, stretching, acu-pressure and relaxation, it's the perfect way to de-stress! Please wear yoga or loose-fitting clothing.

Thai Stretch + Massage

80 min \$225

The first 30 minutes will incorporate a series of assisted stretches — employing yoga, acupressure and relaxation techniques. Then you'll relish in 50 minutes of relaxing restoration with the massage modality of your choice. Please wear yoga or loose-fitting clothing for the first part of this therapy.

Caicos Coco Calmer

110 min \$360

We'll begin with a calming foot massage to bring you into a state of total relaxation, before applying a coconut body polish to gently exfoliate and smooth your skin. A Swedish style massage follows, utilizing coconut oil and rhythmic movements to enhance circulation and restore balance, and we'll finish with an express facial that will cleanse, renew, and soften your skin.

HEAL

(aromatherapy scalp + hand massage) 10 min add on \$40

25% surcharge for all in-room services



Body *(wraps + scrubs)*

Calm Wrap

50 min \$155

This hydrating wrap combines a refreshing and moisturizing aloe gel masque and an antioxidant rich after sun hydrator with anti-inflammatory and redness reducing serums to refresh and soothe sun-ravaged skin. This after sun body therapy is the perfect way to condition the skin after exposure to the sun.

Pure Wrap

50 min \$155

A firming + slimming body wrap that incorporates a gentle exfoliation followed by a warm enzyme wrap, completed with a hydrating body soufflé. This detoxifying wrap stimulates circulation to refine and strengthen the appearance of your skin's natural structure, leaving your body with a radiant glow.

Glow Body Scrub

50 min \$150

Polish your skin with exhale's signature body scrub therapy! 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 finishes the treatment, leaving your skin silky smooth.



Nails

Pure Manicure \$50

Pure Pedicure \$70

Aroma Stone Manicure \$95

Aroma Stone Pedicure \$115

Little One Manicure

(13+under) \$25

Little One Pedicure

(13+under) \$35

Polish Change

(hands/feet) \$25 each

Lavender Paraffin

(add on) \$20

French (add on) \$10

Gel/Shellac Removal (hands/feet)

\$30/30 min each

Brows + Body Waxing

Brow Waxing \$35

Brow Tweezing \$35

Lip \$25

Cheek \$35

Chin \$25

Chest \$50

Back \$75

Arm \$45

Under Arm \$25

Half Leg \$55

Full Leg \$75

Bikini (basic) \$45

Bikini (tailored) \$65

Bikini (brazilian) \$85



Spa Packages

Escape

\$435/person

*50 min Provo Deep Flow Massage,
50 min True Facial,
30 min Glow Body Scrub,
Unlimited fitness classes during your stay*

Replenish

\$540/person

*50 min Fusion Massage,
50 min True Facial,
30 min Glow Body Scrub,
Pure Manicure + Pedicure,
Unlimited fitness classes during your stay*

Fitness

exhale Barre

Developed by “the world’s foremost living barre experts” (source: Huffington Post), exhale’s barre class is a full-body workout with light weights, planks, pushups, thigh strengthening exercises and ab work paired with ballet-inspired moves to sculpt the arms, lean the legs, chisel the abs and lift the butt. (Socks recommended)

exhale Power Yoga

You’ll work it all out in this athletically and mentally challenging yoga class set to an ever-changing, upbeat playlist. Expect a flowing, challenging, and mindful yoga practice.

exhale Flow Yoga

Think traditional flowing vinyasa with an inspiring playlist. You’ll weave your way through creative, flowing transitions that lengthen, strengthen, and center.

exhale Chill Yoga

This is the mix of restorative yoga and mindful meditation you didn’t know you needed. On your mat with blankets, props, and calming playlists, you’ll stretch, meditate, restore, and breathe deeply.

** For the safety of all guests attending classes, late entries will not be allowed into class after 10 minutes have passed.*

Mind Body

Fitness class + Series Pricing

Single Session \$30

Unlimited Weekly Package \$100

Package of Ten \$200

Package of Twenty \$300

Private Training

Private Session \$155

Hotel In-Room Private \$195

Off Site Private Session \$220

**Private session, Hotel In-Room
or Off-Site Private Training
For Up To 2 People**

\$30 for each additional person



Policies

Appointments

Appointments are recommended for spa therapies and fitness classes and can be made 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 mind body 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. Socks are recommended for exhale Barre classes. We recommend yoga or loose-fitting clothing for Thai 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. Forty-eight hours is required for group events. 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. Emailable 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 a guest experience associate to see how we can customize your gathering.

Payment

Exhale accepts cash, Visa, Mastercard, and American Express. Prices listed are subject to change without notice. A 12% government tax will be applied to all spa therapies. A 25% surcharge is added for all in-room services. Tipping is left to the discretion of our guests. For your convenience, envelopes are provided at the reception desk.

Series Expiration

Ten-packs expire three months from date of purchase. Twenty-packs expire six 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 therapies. Any child 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 in your first trimester of pregnancy, and due to the risks, we are unable to perform these services.

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