

# SPA THERAPIES

## FACIALS

<b>Power</b> (60min) .....	\$260
<b>True</b> (30min   60min) .....	\$115   \$165
<b>Magic</b> (90min) .....	\$405
<b>Grooming</b> (60min) .....	\$175
<b>Back</b> (60min) .....	\$175
<b>Back + Face</b> (90min) .....	\$265
<b>Customized Facials</b> <i>with Technology</i> (60min) .....	\$220
<b>Cool Beam • Ultrasonic • Lift</b> <i>with Peel</i> (60min) .....	\$215
<b>Brighten • Smart Peel • Z Peel</b>	

## MASSAGE

<b>Flow</b> (60min   90min) .....	\$165   \$220
<b>Couple's Flow</b> (60min   90min) .....	\$330   \$440
<b>Fusion</b> (30min   60min   90min) .....	\$115   \$150   \$200
<b>Couple's Fusion</b> (60min   90min) .....	\$300   \$400
<b>Deep Tissue</b> (30min   60min   90min) .....	\$125   \$165   \$220
<b>Couple's Deep Tissue</b> (60min   90min) .....	\$330   \$440
<b>Sports</b> (30min   60min   90min) .....	\$125   \$165   \$220
<b>Prenatal</b> (60min) .....	\$150
<b>Craniosacral Therapy</b> (60min) .....	\$165
<b>Reflexology</b> (30min) .....	\$125

## ACUPUNCTURE + HEALING

<b>Acupuncture*</b> (30min   60min   90min) .....	\$115   \$165   \$220
<b>Acu-Organ Detox*</b> (30min   60min) .....	\$115   \$165
<b>Acupuncture Massage*</b> (30min   60min) .....	\$115   \$165
<b>Cupping*</b> (30min   60min) .....	\$115   \$165
<b>Reiki</b> (60min   90min) .....	\$165   \$220
<b>Acu 20/20*</b> (20min) <i>first time acu guests only</i> .....	\$20

\*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

<b>Glow Body Scrub</b> (60min) .....	\$180
<b>Glow Body Scrub + Massage</b> (90min) .....	\$235

## NAILS

<b>Pure Manicure</b> .....	\$37	<b>Pure Pedicure</b> .....	\$65
<b>Luxe Spa Manicure</b> .....	\$55	<b>Luxe Spa Pedicure</b> ..	\$100
<b>Sports Pedicure</b> .....	\$90		
<b>Polish Change</b> .....	\$16		
<b>Extended Wear</b> (add on) .....	\$7		
<b>Gel Removal</b> .....	\$5		

## WAXING

### EYES

**Brow Shaping** ... \$50

### BODY

<b>Lip</b> .....	\$22	<b>Arm</b> .....	\$55
<b>Chin</b> .....	\$22	<b>Back</b> .....	\$75
<b>Half Leg</b> .....	\$60	<b>Bikini</b> .....	\$37
<b>Full Leg</b> .....	\$85	<b>Brazilian</b> .....	\$85
<b>Underarm</b> .....	\$32		

## SPA PACKAGES

<b>Exhale Essentials</b> .....	\$275
<i>Includes a 60-minute True Facial and 60-minute Fusion Massage.</i>	
<b>Exhale Experience</b> .....	\$350
<i>Includes a 60-minute True Facial, 60-minute Fusion Massage, Pure Manicure, and Pure Pedicure</i>	

# FITNESS CLASSES

## CLASS PACKS

<b>Single</b> .....	\$25
<b>Package of Five</b> .....	\$120 (\$24/class)
<b>Package of Ten</b> .....	\$230 (\$23/class)
<b>Package of Twenty</b> .....	\$430 (\$22/class)
<b>30 Days Unlimited</b> .....	\$250

## NEW GUEST OFFERS

<b>2 Classes for the Price of 1</b> .....	\$25
<b>30 Days Unlimited</b> .....	\$145

*First-time guests only*

## PRIVATE TRAINING

<b>Single Session</b> .....	\$115
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# MEMBERSHIP

<b>Fitness</b> (annual) .....	\$175/month
<b>Fitness</b> (month-to-month) .....	\$195/month
<b>Spa</b> (annual) .....	\$105/month
<b>Fitness + Spa</b> (annual) .....	\$180/month
<b>Fitness + Spa</b> (month-to-month) .....	\$200/month

*See membership insert for detailed information on what is included with each membership option.*

# exhale®

EXHALE DALLAS

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