

WELLBEING ISN'T A MAYBE
IT'S A MUST



exhale.[®]

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Your wellbeing is everything.

It deserves the top spot on your daily priority list — because when all is well within you, you can take on anything life throws at you.

That said, how do you put yourself first?

You make one simple choice: Exhale.

A unique blend of fitness and spa, Exhale is the total wellbeing experience you can escape to any time to center your body and mind.

Whether you need to slip into an hour of calm or challenge yourself in a full-body sweat session, Exhale offers the perfect menu to get you recentered, rejuvenated, and reconnected with your best you. Under the guidance of our expert team of teachers and spa therapists, you'll find exactly what you need to elevate your sense of wellbeing.

Yes, you have a million and one to-dos.

237 unread emails.

And an actual laundry list for your laundry.

But first, Exhale.

SPA

Your wellbeing deserves
the top spot



FACIALS

Get that glow and leave more radiant than ever.

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.

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

Hydrafacial Deeply cleanse and peel, extract and hydrate, and fuse and protect the skin through our super serums filled with antioxidants, peptides, and hyaluronic acid. Skin health doesn't need to be complicated.

Hydrafacial +Boost Enjoy all the benefits of the Hydrafacial using LED light therapy and an added boost! Choose from the following:

Restorative: Adds CTGF™ to improve the appearance of skin tone, texture and elasticity.

Radiance: Adds Britenol® to minimize the appearance of dark spots and sun damage.

Age-Refinement: Adds DermaBuilder™ to reduce the appearance of fine lines and wrinkles.

Clarifying: Extended extractions and blue light therapy for extremely congested skin.

Luxe Hydrafacial Take the signature Hydrafacial to an invigorating new level. We'll start by eliminating toxic buildup through a detoxifying lymphatic drainage followed by all the cleansing

benefits of the Hydrafacial. Then address your deepest skin concerns with your choice of booster and Cool Beam LED extended light therapy. Increase circulation, stimulate collagen production, even skin tone, and reduce redness as your skin is refreshed and renewed.

Grooming 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.

Back + Face A multi-tasking facial! This therapy begins with an effective exfoliating cleanser on your back to remove dead skin cells, followed by gentle extractions and a soothing massage. Then, our highly skilled estheticians will help you face the day with a deeply cleansing and hydrating facial — utilizing herbal antioxidants and natural nutrients.

CUSTOMIZED FACIALS (with technology)

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!

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.

After Sun Soak up some hydration after a day in the sun. This cooling facial is formulated with hyaluronic acid, green tea extract, aloe vera, and other healing ingredients that hydrate and calm inflamed skin. It's the perfect way to end a sunny day!

CUSTOMIZED FACIALS (with peel)

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.

MASSAGE

Melt away tension and leave deeply relaxed.

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.

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.

Sports Customize this massage to fit your active lifestyle. A pre-event massage kicks overused and stressed muscles into gear using quick, stimulating strokes and dynamic stretching. For post-event, expect a restful yet thorough massage that repairs your fatigued muscles. Whatever your needs, this massage is built to improve flexibility, help prevent injuries, and prepare your mind and body for optimal performance.

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: Exhale does not perform massage in the first trimester.)*



Craniosacral Relieve your headaches, stiff neck, and achy back pain with this unique healing body therapy. Through gentle pressure and small rhythmic pulses, this therapy will clear blockages around the spine, skull, and surrounding connective tissue to restore craniosacral rhythm. You will leave feeling alleviated, relaxed and tension-free.

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!

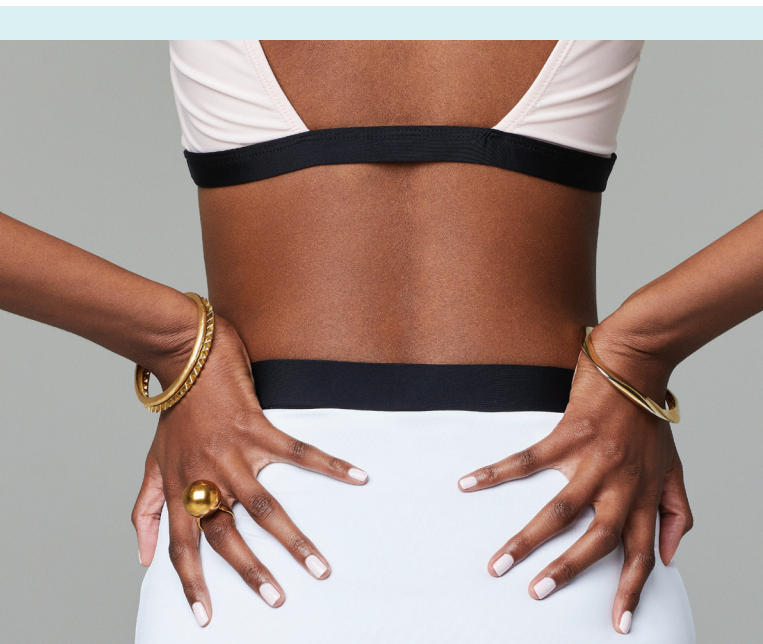
BODY SCRUBS

Feel softer and smoother from head to toe.

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).

Glow Body Scrub + Massage This best of both worlds therapy will leave your body and mind glowing. The detoxification and exfoliation of our signature Glow Body Scrub is combined with the healing and de-stressing powers of massage for glow-it and show-it results.

Rum Swizzle Scrub Golden brown sugar and premium aged rum and citrus combine to leave your skin revitalized and refreshed. A whipped shea butter moisturizer follows exfoliation, complete with cocoa butter and vitamin E to hydrate and calm tired skin. After your therapy, keep the momentum going with a complimentary rum swizzle!



NAILS

Mind-body satisfaction includes your fingers — and toes.

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, then 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.

Gel Manicure Protect and perfect! Enjoy all the benefits of the Pure Manicure while receiving 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.

Perfectly Groomed A good handshake begins with well-maintained hands. We cleanse, soak and soften the cuticles then trim and buff the nails into handshake-ready shape. Buffing is optional.

Luxe Spa Manicure Needless to say you'll have noticeable nails. This cuticle cure includes paraffin, hot stone massage, and a hydrating massage to give your hands that super-soft, oh-so touchable feel. Select your shade of organic or traditional polish to give your fingers the final touch.

Luxe Spa Pedicure Soft and smooth feet that can't be beat! This indulgent foot therapy includes a rich blend of palm, soy, jojoba, and organic coconut oils with Shea butter to moisturize your skin and cure calluses. Hot stone massage will leave your feet feeling fabulous before you pick your polish.

Sports Pedicure A treat for active feet. A therapeutic Epsom salt bath alleviates aches and pains before fitness related foot troubles are addressed with exfoliation, toenail trimming and reflexology. It's the perfect pedicure to leave your feet looking and feeling as healthy as you do.

Extended Wear Add On Add this option to your manicure or pedicure to enjoy longer, stronger, shinier nails every day!

WAXING

Your exit strategy for unwanted hairs.

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

Available waxings include:

- Brows • Lip • Chin • Leg (lower, upper, or full) • Arm
- Underarm • Back • Bikini (basic or full) • Brazilian

FITNESS

Your hour, your wellbeing



BARRE

Leave toned, lengthened, and standing taller.

Barre This is what we're famous for. Our barre class combines our signature approach of sustained holds and micromovements with decades of innovation and the latest movement science – straight from the experts. Leave no muscle untouched in this effective total body workout that will tone your muscles and make you shake. (Trust us – it burns so good.) Stand taller. Leave stronger. (Socks required)

Barre + Cardio Break a sweat, pulse deeper, and burn more. All in one intense, efficient, barre-meets-cardio hour. Spend half the class on your mat with hand weights as you move through rapid cardio intervals. Then hit the barre for muscle-defining micro-moves. You'll end the hour feeling accomplished and ready to take on anything.

Core Pilates Experience Exhale's unique approach to Pilates. You'll strengthen and lengthen with sequences to challenge your entire body, reconnecting you to breath and awakening the core. Tone your entire body while improving strength, flexibility, mobility, and more. You'll leave energized, inspired, and ready to take on the day.

CARDIO

Burn calories, rev your metabolism, and get the results you crave.

HIIT 45 Get ready. This is high-intensity interval training — the revolutionary and famously effective training method to advance your metabolism, heighten your energy, and keep you burning calories all day long. Amplify your fitness using props like TRX, weights, and cutting-edge Step360 technology designed to improve your body's balance and stability. Go all-out with high-intensity intervals, then mix in mindful moments of active recovery. Pace yourself, breathe, and tune everything else out. Embrace the challenge and leave changed. (Sneakers required.)

HIIT 30 Don't hold back. This exhilarating, high-intensity interval training class is just 30 minutes of non-stop movement. For maximum efficiency, it's all done in one place: on your mat. Fire it up with high-intensity intervals using weights, core balls, and your own body weight. Tone and strengthen as you sweat with scalable, full-body exercises proven to bring your fitness to a maximum. Get lost in the moment and come out stronger. (Sneakers required)

Cardio Blast We've redefined Cardio training. This 45-minute, non-stop workout will keep your mind engaged — and give you real results. It's toning and endurance using the ultimate combination: cardio intervals to break a sweat. Kick-boxing moves to tone and strengthen. Bonus: the playlist is insanely motivating. You'll leave with an endorphin-high, a healthier body, and a new favorite song. (Sneakers required.)



YOGA

Calming poses. Strengthening flows.
A journey on your mat.

Power Yoga Strike a Power pose. This is flowing, athletic yoga — with a dash of energy and personal discovery. Build strength and tone your whole body as you move to upbeat tracks. Along with a few deep breaths, you're in for a sweat-inducing, mood-boosting hour. You'll leave feeling powerful, strong, and ready for anything.

Chill Yoga This is the class you never knew you needed. Picture a dark room, a blanket, bolster, and mat — and the most relaxing hour of your day. Through long-held, restorative poses, you'll relieve hard-worked muscles, take a break from the daily hustle, and enjoy an hour to simply "chill". Your mind — and your body — will thank you.

Flow Yoga Mindful movement. Athletic, inspiring flows. Deep breaths. Because of the smooth way the poses run together, and the focus on alignment, this is our most popular yoga class. Flow to the latest beats through poses that leave you a little stronger, a little sweatier, and a lot more relaxed than when you came in.

PRIVATE TRAINING

Private Barre, Yoga, + strength 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 and overall wellbeing.

WELLBEING PROGRAMS

Transformational packages and journeys

Day of Restoration Make it a spa day with this head-to-toe package that includes a 60-minute Fusion Massage, 60-minute True Facial, Pure Manicure, and Pure Pedicure.

Groups At Exhale we provide everything needed to create the perfect event. Whether you're planning a corporate outing, preparing for the "big day", or simply hosting a spa party for friends, there's no better place to gather a group for relaxation, rejuvenation, and fun.

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 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 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 Barre classes, socks are required. Sneakers are required for Cardio Blast, HIIT, and HIIT 30. We recommend yoga or loose-fitting clothing for 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 offer fully-appointed changing rooms for your convenience. As we cannot be responsible for lost or stolen items, please avoid bringing in valuables.

Gift Cards Exhale Bermuda gift cards are available in any dollar amounts. Please inquire at the front desk for guidance in selecting the ideal gift.

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 our Manager of Guest Experience to see how we can customize your gathering.

Payment Exhale accepts cash, Visa, Mastercard, American Express, and Discover. Prices listed are subject to change without notice. A 17% gratuity is automatically added to spa services for your convenience.

Series Expiration Spa series six-packs expire one year from date of purchase. A single fitness class expires 4 weeks from date of purchase, five-packs expire 8 weeks from date of purchase, ten-packs expire 16 weeks from date of purchase, and twenty-packs expire 26 weeks 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 and healing modalities. Any child who is 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 if you are in your first trimester of pregnancy, and due to the risks involved, we are unable to perform these services.

ATLANTA

ATLANTIC CITY

BERMUDA

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