



LET US HOST YOUR PARTY

Whether it's 10 or 50 guests, exhale can plan and host your next spa and fitness outing for your friends, family or special occasions that will never be forgotten.

Call or email today for more details and pricing.

617.603.3100

info@exhalespa.com

PRIORITIZE YOUR WELLBEING

A unique blend of fitness and spa, exhale is a new standard of wellbeing where you can escape to any time to center your body and mind.

EVOLVE. ENRICH. EXHALE.





OPEN 7 DAYS A WEEK

exhale Boston
2 Battery Wharf
Boston, MA 02109

617-603-3100

info@exhalespa.com

 exhale Spa

 exhale_fitspalife

exhale[®]
FIT.SPA.LIFE.

WELLBEING GUIDE

exhalespa.com

BODY

	50 mins	80 mins
FLOW	\$220	\$300
TRANQUILITY	\$195	\$270
DEEP TISSUE	\$220	\$300
RECOVERY	\$230	\$310
MOMMY TO BE	\$195	
GLOW YOUR OWN WAY + MASSAGE		\$330
GLOW YOUR OWN WAY	\$275	
SERENITY BODY RITUAL		\$300

COUPLES

	50 mins	80 mins
FLOW	\$220	\$300 per person
TRANQUILITY	\$195	\$270 per person
DEEP TISSUE	\$220	\$300 per person
MOMMY TO BE	\$195	per person
GLOW YOUR OWN WAY + MASSAGE		\$330 per person
GLOW YOUR OWN WAY	\$275	
SERENITY BODY RITUAL		\$300 per person

ENHANCE YOUR EXPERIENCE

CBD OIL		\$50
REVITALIZING FOOT TREATMENT	30m	\$85

FACE

	50 mins	80 mins
REVIVE	\$215	\$285
FIRE & ICE	\$225	\$295
CLARIFYING	\$265	\$350
LIFT & GLOW	\$265	
SECRET		\$405
ULTRA HYDRATION		\$350
ENRICH		\$420
PRODIGY PEEL	\$275	

ENHANCE YOUR EXPERIENCE

Performed during your therapy.

LED		\$50
DERMAPLANING		\$65
GUA-SHA		\$60
FIRE & ICE DECOLLETAGE TREATMENT		\$75
FIRE & ICE HAND TREATMENT		\$40
BROW WAX	30m	\$50
LIP WAX	15m	\$28
CHIN WAX	15m	\$28
BROW TINT	15m	\$30
LASH TINT	30m	\$45

WAX

HALF ARM	45m	\$40
FULL ARM	45m	\$65
FULL FACE	45m	\$90
UNDERARM	30m	\$35
FULL LEG	45m	\$95
HALF LEG	45m	\$65
FULL BACK	45m	\$85
HALF BACK	45m	\$45
BIKINI YOUR WAY	45m	\$65
BRAZILIAN	45m	\$95

FIND YOUR PERFECT FIT

Join us at the barre or on your mat for one of our signature, intentionally programmed FIT classes.

Please see the Front Desk for this week's schedule.



FIT CLASSES

SINGLE CLASS	\$ 30
5 CLASS PACK	\$ \$140 (\$28 per class)
10 CLASS PACK	\$ \$270 (\$27 per class)
20 CLASS PACK	\$ \$510 (\$25.50 per class)

PERSONAL TRAINING

1 SESSION	\$ 140
<i>(expires 2 months after purchase)</i>	
5 SESSION PACK	\$ \$625 (\$125 per session)
<i>(expires 4 months after purchase)</i>	
10 SESSION PACK	\$ \$1,100 (\$110 per session)
<i>(expires 8 months after purchase)</i>	

EXHALE EVERYWHERE

Access total wellbeing everyday – at home, on the road, or in a hotel. Our On Demand library includes 500+ signature Barre, Cardio and Yoga fitness classes as well as mindfulness and meditation sessions.



ondemand.exhalespa.com/

BECOME A MEMBER

Prioritize your wellbeing with a dedicated hour of time to yourself each month so you're better equipped to conquer the rest of that to-do list.

Please see membership insert for full list of perks!



FIT MEMBERSHIP

\$159/MONTH

- Unlimited in-studio FIT classes
- Access to live-streamed classes and 500+ on-demand classes
- 15% off boutique purchases
- 15% off spa services



SPA MEMBERSHIP

\$189/MONTH

- 1 Spa Therapy/month
- Access to live-streamed classes and 500+ on-demand classes
- 15% off boutique purchases
- 15% off additional spa services



LIFE MEMBERSHIP

\$329/MONTH

- Unlimited in-studio FIT classes
- 1 Spa Therapy/month
- Access to live-streamed classes and 500+ on-demand classes
- 15% off boutique purchases
- 15% off additional spa services



EVERYWHERE MEMBERSHIP

\$29.99/MONTH

- exhale's digital-only membership
- Unlimited live-streamed weekly classes
- Access to exhale on-demand library of 500+ workouts