



exhale<sup>®</sup>

SPA MENU



## Well-being, evolved.

Your new home for total well-being — our expansive, 40,000 square foot spa has been uniquely designed for detoxification, relaxation, and socialization. exhale offers a full menu of expertly-curated, transformative face and body spa treatments featuring natural, ocean-derived products with healing properties. Enjoy our state-of-the-art recovery amenities in the bathhouse including heated pools, sauna and steam rooms, halo salt therapy and more.

### exhale Spa at Ocean Casino Resort

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## body

### SIGNATURE MASSAGE 50-MIN \$190 | 80-MIN \$260

A Swedish-based therapy combining the best-known therapeutic massage practices to provide an unparalleled hour of relaxation. Rhythmic massage movements are coupled with aromatherapy oil with exhale's signature scent.

### FLOW 50-MIN \$210 | 80-MIN \$285

Melt into relaxation with waves of choreographed kneading that opens locked muscles, frees energy blockages, and relieves tension. Expect more lymphatic drainage than a Deep Tissue technique, resulting in greater detoxification and an enhanced boost to the immune system.

### DEEP TISSUE 50-MIN \$210 | 80-MIN \$285

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.

### PRENATAL 50-MIN \$190

Designed for expecting women, this deeply soothing therapy improves circulation, reduces swelling in hands and feet, and releases tension. Note: exhale does not perform massages in the 1st trimester of pregnancy.

### RECOVERY 50-MIN \$210

Not just for the athlete. Whatever your needs, this restful, yet thorough massage is built to repair fatigued muscles, improve flexibility, and help prevent injury. Includes the use of a Theragun to target specific muscles.

### SEA HOLISTIC 50-MIN \$260

A unique relaxation experience that seduces the senses with steamed linen bundles, filled with Marine Salt Crystals and Lavender buds. Inhale their hypnotic aromatherapy while aching muscles and energy meridians are targeted. Thai massage techniques, combined with pressure points and stretching aid in unwinding areas of tension to restore balance to the entire body.

### LEG REVIVAL 50-MIN \$210

Specifically designed to soothe and relieve tired legs and improve microcirculation and appearance. Enjoy ocean-inspired relaxing aromatherapy while an exfoliation scrub is applied. A cool, refreshing gel wrap follows to stimulate elimination, finishing with a draining massage to bring a sensation of lightness and relief.

### SEA BODY SCRUB 50-MIN \$240

Achieve perfectly silky skin with a luxurious, rinseless scrub featuring a complexion-enhancing blend of black sand, pumice stone and digestive papaya enzymes. After the scrub is massaged and cleaned, an ultra-moisturizing body milk is applied leaving your skin glowing and hydrated.

### SEA BODY SCRUB + MASSAGE 80-MIN \$315

Achieve perfectly silky skin with a luxurious, rinseless scrub featuring a complexion-enhancing blend of black sand, pumice stone and digestive papaya enzymes. After the scrub is applied and cleaned, enjoy our signature massage featuring rhythmic movements for even deeper relaxation. Leave with your mind and body glowing and hydrated.

### SEA-FOAM MUD WRAP 50-MIN \$260

For tight muscles, joints, and tendons this active marine mud will soothe sore tissue while toxins are drawn from deep within, leaving your body detoxified, cleansed, and fully oxygenated. Awake from relaxation to a refreshing shower followed by rich body cream application, leaving your skin as beautifully

## face

transformed as the inside.

### SIGNATURE FACIAL 50-MIN \$190

A relaxing, yet thorough cleanse followed by a perfectly customized experience to ensure your skin receives the attention it needs. May include careful extractions — made as painless as possible by our skilled estheticians — followed by a soothing mask. Your face will feel refreshed and restored.

### FIRE & ICE 50-MIN \$250

Experience the resurfacing and rejuvenation of the legendary Fire & Ice Facial. Designed to resurface the skin, this professional treatment involves the combination of warming and cooling sensations that will leave your skin feeling refreshed and invigorated rapidly and safely.

**POWER** 50-MIN \$280

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.

**SUPREME YOUTH** 80-MIN \$420

This high-performance facial combines four sources of hyaluronic acids with patented marine-active ingredients to quench, hydrate, and plump dehydrated skin. Expert skin wellness and youth-restoring massage techniques deliver instant results and deep relaxation. Leave with nourished skin and a hydrated glow.

**ENRICH** 80-MIN \$345

A soothing and deeply relaxing facial combining the traditional practice of gua sha and luxurious, results-driven products to cleanse, lift, tone, and hydrate the skin leaving you glowing and hydrated.

**PRODIGY PEEL** 50-MIN \$260

Revive your complexion with technology-driven and botanicallybased peels that naturally lift dull skin while infusing nourishing, cell-stimulating botanicals — all with little-to-no discomfort or residual redness. Luxurious shoulder and arm massage follow peel application.

**MEN’S ESCAPE** 50-MIN \$250

Indulge all senses beginning with a thorough cleanse and oceaninspired scrub exfoliation. Careful extractions follow as needed. Relax even deeper while a series of two masks are applied, one to warm and cleanse the pores and then one to soothe and hydrate. Leave feeling rejuvenated and clear.

**BACK** 50-MIN \$210

Designed for those hard-to-reach spots, our back facial provides a complete cleanse, combining extractions with a brightening exfoliation to leave skin smooth, soft, and more even-toned. Highly recommended for the treatment of acne.