



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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exhale®

Ocean
CASINO · RESORT
ATLANTIC CITY

BODY

SIGNATURE MESSAGE 50-MIN \$190 | 80-MIN \$260

A Swedish-based full-body treatment combining the best-known therapeutic massage practices to reduce muscle tension and provide unparalleled relaxation. Rhythmic massage movements are coupled with intentional attention to detail, tailored to your needs.

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

One of our most sought after treatments. Melt into relaxation with waves of choreographed kneading that opens locked muscles, frees energy blockages, and relieves tension. Our Flow Massage results in greater detoxification than a Deep Tissue technique and an enhanced boost to the immune system.

DEEP TISSUE MESSAGE 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 MESSAGE 50-MIN \$190

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

ATHLETIC RECOVERY MESSAGE 50-MIN \$210

Not just for the athlete. Whatever your needs, this restful and revitalizing massage is curated to repair and recover fatigued muscles, improve flexibility, and help prevent injury. Can include the use of a Theragun to target specific muscles (optional).

SEA HOLISTIC MESSAGE 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, gentle scrub featuring complexion-enhancing mineral particles from the sea that improve circulation and skin while exfoliating. Post-scrub, enjoy an ultra-moisturizing body milk which includes a supply of trace elements that stimulate the vitality of skin cells leaving your skin feeling better than it ever has.

SEA BODY SCRUB + MESSAGE 80-MIN \$315

Achieve perfectly silky skin with a luxurious, gentle scrub featuring complexion-enhancing mineral particles from the sea that improve circulation and skin while exfoliating. Post-scrub, enjoy our Signature Massage for even deeper relaxation, including an ultra-moisturizing body milk featuring trace elements that stimulate the vitality of skin cells leaving your skin feeling better than it ever has.

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 transformed as the inside.

COUPLES

Couples Massages available per request.

FACE

SIGNATURE FACIAL 50-MIN \$190

A relaxing, methodical double-cleanse followed by a perfectly customized experience with highly innovative actives from iS Clinical 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 leaving you with a luminous glow.

FIRE + ICE FACIAL 50-MIN \$250

Experience the resurfacing and rejuvenation of the legendary Fire & Ice Facial with iS Clinical. 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.

SENSITIVE SKIN FACIAL 50-MIN \$250

This ultra-calming, yet effective treatment was designed for sensitive and rosacea skin, using gentle and rejuvenating ingredients from Eminence. Expect a results-driven cleanse, peel and mask with ultimate ingredient pureness.

POWER FACIAL 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.



ACNE DETOX FACIAL 50-MIN \$250

The perfect first step to naturally, clearer skin. This botanical-rich organic facial is what Eminence is known for. Ideal for congested pores, excess oil and uneven skin. Potent time-release encapsulated salicylic acid deeply penetrates pores to dissolve excess build-up, minimizing active flare ups and preventing future congestion.

SUPREME YOUTH FACIAL 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 FACIAL 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 FACIAL 50-MIN \$260

Revive your complexion with technology-driven, minimally invasive peels from iS Clinical. Naturally lift dull skin while infusing nourishing, cell-stimulating botanicals — all with little-to-no discomfort or residual redness. Drift into relaxation with a luxurious shoulder, decollate and arm massage following peel application.

MEN'S ESCAPE 50-MIN \$250

Indulge all senses beginning with a thorough cleanse and ocean-inspired 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 FACIAL 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.

ENHANCEMENTS

Please see insert for our enhancements + seasonal specials.

Waxing + Brows menu

BASIC BIKINI	\$43
FULL BIKINI	\$55
BRAZILLIAN	\$90
BACK	\$83
ARM	\$63
UNDERARM	\$38
FULL LEG	\$93
HALF LEG	\$68
CHEST	\$60
LIP	\$28
CHIN	\$28
CHEEK	\$30
BROW SHAPING	\$55



Enhance your experience

Enhancements performed during your therapy

BODY ENHANCEMENT OPTIONS

CBD RITUAL

HOT TOWEL FOOT/HAND EXFOLIATION SEA-FOAM MUD

FACE ENHANCEMENTS OPTIONS

GUA-SHA

LED

ULTRASONIC

LIFT

Enhance your experience

body enhancements

CBD RITUAL +\$50

Reduce inflammation, alleviate joint and muscle pain and evoke a deeper state of relaxation.

SEA-FOAM MUD +\$50

Detox and sooth sore tissues with this active marine mud, leaving your body detoxified, cleansed, and fully oxygenated.

HOT TOWEL FOOT/HAND EXFOLIATION +\$30

Gives overworked hands and feet instant relief and glow using a natural, ocean-derived exfoliation.

face enhancements

GUA SHA +\$40

Incorporates the traditional practice of gua sha for lymphatic drainage to lift and tone the face.

FOAMING ENZYME TREATMENT +\$50

A powerful, yet soothing masque combining papaya and pineapple enzymes for light and effective exfoliation.

LED +\$50

Enjoy an array of benefits including improved circulation and skin texture, reduced inflammation, treat sensitive and acne prone skin and more.

ULTRASONIC +\$50

Enjoy a deeper cleanse targeting clogged pores, leaving the face more clear, refined and smooth.

LIFT +\$50

Utilizes advanced microcurrent technology to improve facial contour by lifting and toning the face.