

EXHALE 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.

EXHALE BERMUDA SERVICES + PRICING

YOUR WELLBEING IS EVERYTHING



exhale®

Exhale Bermuda at Hamilton Princess & Beach Club
76 Pitts Bay Road, Hamilton HM08, Bermuda
441.298.6046 | exhalespa.com

SPA THERAPIES

FACIALS

Power (60min)	\$245
True (30min 60min 90min)	\$115 \$190 \$280
Hydrafacial (30min)	\$190
Hydrafacial +Booster (45min)	\$245
<i>Boosters: • Restorative • Radiance • Age-Refinement • Clarifying</i>	
Luxe Hydrafacial (60min)	\$325
Grooming (60min)	\$190
Back (60min)	\$160
Back + Face (90min)	\$250
Customized Facials	
with Technology (60min)	\$205
Cool Beam • Ultrasonic • Lift • After Sun	
with Peel (60min)	\$200
Brighten • Smart Peel • Z Peel	

MASSAGE

Flow (60min 90min)	\$190 \$285
Fusion (60min 90min)	\$190 \$285
Deep Tissue (30min 60min 90min)	\$115 \$190 \$285
Sports (60min 90min)	\$190 \$285
Prenatal (60min)	\$190
Craniosacral Therapy (30min)	\$115
Reflexology (30min 60 min)	\$115 \$190
<i>Enjoy any of our massages in-room for an additional \$100 surcharge.</i>	

SCRUBS + MORE

Glow Body Scrub (60min)	\$190
Glow Body Scrub + Massage (90min)	\$285
Rum Swizzle Scrub (60min)	\$190

NAILS

Pure Manicure	\$60	Pure Pedicure	\$90
Luxe Spa Manicure	\$90	Luxe Spa Pedicure ..	\$120
Gel Manicure			\$90
Sports Pedicure			\$85
Polish Change			\$35
Gel Polish Change			\$45
Gel Removal			\$30
French or Extended wear (add on)			\$10

WAXING

EYES

Brow Waxing	\$40	Brow Tweezing	\$40
Brow Tinting	\$35	Lash Tinting	\$40
Brow + Lash Tinting			\$60

BODY

Lip	\$20	Arm	\$50
Chin	\$20	Chest	\$70
Cheek	\$30	Back	\$70
Half Leg	\$55	Bikini (Basic)	\$45
Full Leg	\$80	Bikini (Full)	\$60
Underarm	\$35	Bikini (Brazilian) ..	\$90-\$110

SPA PACKAGE

Day of Restoration	\$500
<i>Includes a 60-minute True Facial, 60-minute Fusion Massage, Pure Manicure, and Pure Pedicure</i>	

FITNESS CLASSES

CLASS PACKS

Single	\$30
Package of Five	\$120 (\$24/class)
Package of Ten	\$230 (\$23/class)
Package of Twenty	\$430 (\$21.50/class)
30 Days Unlimited	\$205

NEW GUEST OFFER

2 Classes for the Price of 1	\$30
<i>First-time guests only</i>	

PRIVATE TRAINING

Single Session	\$115
----------------------	-------

Spa and fitness memberships are available. Please contact us for pricing and details