



COME IN.  
**EXHALE.**  
LEAVE BETTER.

DISCOVER WHAT MAKES YOU BETTER.



HAMILTON PRINCESS

BERMUDA

HOTEL • BEACH CLUB • MARINA



BARRE • YOGA • SPA

# DISCOVER EXHALE

1-2	<b>About exhale</b>
3-8	<b>Spa Therapies</b>
3-4	Facials
5-6	Massage
6	Scrubs
7-8	Nails
8	Waxing
9-10	<b>Fitness Classes</b>
10	Private Training
11	<b>Wellbeing Programs</b>
12	<b>exhale Policies</b>



RESULTS-ORIENTED  
**SPA THERAPIES**  
+ HIGH-QUALITY  
**FITNESS CLASSES**

**TOGETHER**  
THESE OFFERINGS  
ALLOW FOR THE  
**PERFECT BALANCE**

At exhale we believe that transformation begins from the inside out.

Through a balanced combination of results-oriented spa therapies and high-quality fitness classes, we provide the answer to a stronger, healthier, better version of you.

Enter our inspiring, yet relaxing sanctuary and follow your breath, which both invigorates and calms, connecting mind and body — paving the way to positive change.

**Come in. Exhale. Leave better.**

# SPA

## MORE THAN A SPA THERAPY — WELLBEING + HEALING FOR LIFE



---

### FACIALS

#### CUSTOMIZABLE SKINCARE FOR GLOWING RESULTS

---

**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!

**Magic** Do you believe in magic? During this all-in-one facial our expert estheticians will focus on eye, lip, neck and décolleté concerns. High-energy sound waves ease skin congestion while delicately pushing super-antioxidants deep into the skin. This therapy superbly achieves visible age-defying results...it's magic you can see!

**Men's** 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

### RELAX, RELIEVE PAIN, AND RESTORE YOUR BODY

---

**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, be it competing or just day sailing. Kick overused and stressed muscles into gear using quick, stimulating strokes and dynamic stretching. Then, active recovery massage techniques include trigger point therapy and active stretching to release tension and enhance your athletic 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: massage is not recommended during your 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!

---

## SCRUBS

### FIRM, SMOOTH AND DETOXYIFY YOUR WHOLE BODY

---

**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

### PRIMED AND POLISHED TO PERFECTION

---

**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

### CLEAN IT UP WITH OUR HIGHLY SKILLED TEAM

---

Exhale therapists are experts in hair removal, conducting waxings efficiently and as painlessly as possible within our soothing and relaxing spa setting.

**Available body waxings include:**

- brows
- lip
- chin
- cheek
- leg (lower, upper, or full)
- underarm
- arm
- chest
- back
- bikini (basic, full, or Brazilian)

*\*Brow and lash tinting also available*



# FITNESS CLASSES

## DISCOVER THE ONLY FITNESS PROGRAM YOU NEED.

---

### BARRE | CARDIO | YOGA

#### TRANSFORM YOUR BODY + BALANCE YOUR MIND

---

**exhale Barre** Developed by “the world’s foremost living barre experts” (source: Huffington Post), exhale’s barre class is a full-body workout with light weights, planks, pushups, squats and ab work paired with ballet-inspired moves to sculpt the arms, lean the legs, chisel the abs and lift the butt. (Socks required.)

**exhale Barre+Yoga** Balance barre moves for your upper body, thighs, and glutes with athletic, core-centric yoga warrior sequences for your flexibility, balance, and energy. We’ll incorporate light hand weights to tone and strengthen your upper body, and fire up your core with seated yoga poses and a strong core ab section. End the hour with a mindful moment in Savasana.

**exhale Core Yoga** Think of this class as the best of both worlds: the targeted, toning, strengthening movements of Core Fusion, plus a flowing, athletic yoga practice. Expect a fast-paced vinyasa flow with an extra “oomph” for your thighs, glutes and abs. It’s an incredibly uplifting hour on the mat, geared to stretch and tone body and mind.

**exhale Cardio** Get ready to sweat! This 45-minute, barre-less cardio class includes kickboxing, plyometrics and weight resistance training to help you build muscle and endurance...quickly. Expect high-intensity intervals set to motivating playlists that’ll keep you moving! The class sequences change often so you never get bored and your body sees results. (Sneakers required.)

**exhale HIIT** Our high intensity interval training (HIIT) class will move you through 5 power stations including TRX, weights, gliders, plyo-boxes, and core balls. Short active recovery breaks in between will keep your heart rate high and the quality of your workout at a maximum. The sequences change every month, so the workout — and the challenge — stays fresh. (Sneakers required.)

**exhale HIIT 30** Short on time? Need a one-stop workout in 30 minutes? Exhale’s newest class, HIIT 30, is your answer. It’s 25 straight minutes of nonstop, high-intensity movement, with an ab series at the end. Much like Core Fusion HIIT, you’ll use props and intervals, but it’s all done in one place — on your mat. The scalable, full-body, functional exercises constantly change so your body never gets bored, and the 50-second intervals keep your heart rate pumping. Expect to leave feeling stronger and accomplished. You won’t believe what you can get done in 30 minutes. (Sneakers required.)

**exhale Flow Yoga** Think traditional flowing vinyasa with an inspiring playlist. You’ll weave your way through creative, flowing transitions that lengthen, strengthen, and center.

**exhale Chill Yoga** This is the mix of restorative yoga and mindful meditation you didn’t know you needed. On your mat with blankets, props, and calming playlists, you’ll stretch, meditate, restore, and breathe deeply.

**exhale 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.

---

### PRIVATE TRAINING

#### PRIVATE BARRE, YOGA, AND 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.

# WELLBEING PROGRAMS TRANSFORMATIONAL PACKAGES + JOURNEYS

**Day of Restoration** Restore and then restore some more with this perfect spa package, offering a bit of healing and polish for each and every bit of you. Enjoy an hour of relaxation with a rhythmic Fusion Massage. Then refresh with a cleansing and exfoliating True Facial. Top it all off with a Pure Manicure and Pedicure, using your choice of regular or organic polishes. Expect to feel amazing!

**Bridal Boot Camp** Get ready to walk down the aisle in the best shape of your life! Choose from exhale's 6- and 12-week programs, both of which include a series of classes, facials, weekly check-ins, and more. We'll leave you toned, tightened, cleansed — and ready for your big day!

**Workshops, Teacher Trainings + Retreats** Embrace a new challenge with exhale workshops, teacher training programs, and retreats. Each offers a deeper dive into elements of the exhale mind body program through intimate sessions with top teachers. Whether you choose to commit an hour or multiple weeks to enhancing your exhale experience you will emerge transformed and energized.

**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.

# EXHALE POLICIES

**Appointments** Appointments are recommended for spa therapies and fitness classes. 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 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 mind body fitness classes, late entrants will not be permitted ten minutes after the start of class. For safety reasons, guests are not permitted to join Core Fusion Extreme class late.

**Attire** Robes and slippers are provided for your spa therapy. Undergarments are optional during the therapies. For exhale Barre classes, socks are required. Sneakers are required for exhale HIIT classes. We recommend yoga or loose-fitting clothing for Craniosacral therapies.

**Cancellations** We require that you notify us of cancellations four hours prior to your single spa service or class. Twenty-four hours is required for personal training sessions, spa packages, and workshops. Seven days is required for group events and teacher trainings. Late cancellations or no-shows will be billed to your credit card on file.

**Changing Areas** Exhale offers fully-appointed changing rooms for your convenience. As we cannot be responsible for lost or stolen items, please avoid bringing in valuables.

**Gift Cards** Gift cards are available in dollar amounts (not for services or packages). Please inquire at the spa 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 to see how we can customize your gathering.

**Payment** Exhale accepts cash, Visa, Mastercard, and American Express. Prices listed are subject to change without notice. A 17% gratuity is automatically added for all spa services. Additional tipping is left to the discretion of our guests. For your convenience, envelopes are provided at the reception desk.

**Series Expiration** Spa series six-packs expire one year from date of purchase. A single mind body class expires one month from date of purchase, five-packs expire two months from date of purchase, ten-packs expire four months from date of purchase, and twenty-packs expire eight months from date of purchase.

**Service + Class Requirements** The minimum age to experience exhale's service offerings are: 16 years old for classes, facials, waxing + nail services; 18 years old for massage. 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**

**BERMUDA**

**BOSTON**

**BRIDGEHAMPTON**

**CHICAGO**

**DALLAS**

**LOS ANGELES**

**MIAMI**

**NEW YORK CITY**

**STAMFORD**

**SUMMIT**

**TURKS + CAICOS**



**exhale Bermuda at Hamilton Princess & Beach Club**  
76 Pitts Bay Road, Hamilton HM08, Bermuda  
441.298.6046 | [exhalespa.com](http://exhalespa.com)