

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 exhale fitness classes, late entrants will not be permitted ten minutes after the start of class. For safety reasons, guests are not permitted to join exhale HIIT class late.

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 exhale Cardio and HIIT classes. We recommend 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 teacher trainings, and 14 days is required for group events. 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.

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exhale Bermuda at Hamilton Princess & Beach Club

76 Pitts Bay Road, Hamilton HM08, Bermuda

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SPA THERAPIES

FACIALS	30 min	60 min	90 min
Power		\$245	
True	\$100	\$185	\$280
Magic			\$380
Men's		\$185	
Back		\$160	
Back + Face			\$250
Customized Facials with Technology		\$205	
<i>Cool Beam • Ultrasonic • After Sun</i>			
with Peel		\$200	
<i>Brighten • Smart Peel • Z Peel</i>			

MASSAGES	30 min	60 min	90 min
Flow		\$190	\$285
Fusion		\$180	\$275
Deep Tissue	\$115	\$190	\$285
Sports		\$190	\$285
Prenatal		\$180	
Craniosacral	\$115		
Reflexology	\$115	\$190	

Enjoy any of our massages in-room or at a beach cabana for an additional \$100 surcharge.

SCRUBS + MORE	60 min	90 min
Glow Body Scrub	\$180	
Glow Body Scrub + Massage		\$280
Rum Swizzle Scrub	\$190	

NAILS	
Pure Manicure	\$60
Pure Pedicure	\$90
Gel Manicure	\$90
Perfectly Groomed	\$50
Luxe Spa Manicure	\$90
Luxe Spa Pedicure	\$120
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	\$65		

Body Waxing

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

All spa therapies can be purchased in a pre-paid series of six at a 25% discount. Members receive 25% off all spa therapies. A 17% gratuity will automatically be added to all spa services.

FITNESS CLASSES

CLASS PACKS

Single	\$25
Package of Five	\$120 (\$24/class)
Package of Ten	\$230 (\$23/class)
Package of Twenty	\$430 (\$22/class)

NEW GUEST OFFER

2 classes for the price of 1 (first time local fitness guests only)	\$25
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PRIVATE TRAINING

Single Session	60 min	\$115
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PACKAGES + PROGRAMS

DAY OF RESTORATION

\$500

Includes a 60-minute True Facial, 60-minute Fusion Massage, Pure Manicure, and Pure Pedicure

MEMBERSHIPS

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