

FACE		
g.r.n. 30 min		\$95
true 30 min   60 min	\$100	\$150
men's 60 min		\$160
lift 60 min		\$205
magic 90 min		\$385
power 60 min		\$290
back 45 min		\$135
brighten add on   30 min	\$85	\$110
cool beam add on   30 min	\$95	\$140
eye lift 30 min		\$95
eyes add on only		\$75
smart peel 30 min	\$60	\$75
ultrasound add on   30 min	\$95	\$140
z peel add on   30 min	\$95	\$140
six week skin correction program		\$1175
series of six 60 min customized facials		

\*Any above facials can be purchased in a pre-paid series of six at a 15% discount. Add ons not included.

BODY		
fusion massage 30 min   60 min	\$95	\$130
deep tissue massage 30 min   60 min	\$110	\$145
four-handed fusion massage 60 min		\$260
deep flow massage 60 min		\$145
craniosacral therapy 60 min		\$140
glow body scrub 60 min		\$150
prenatal massage 60 min		\$130
redrock detox™ paraffin add on only		\$25
reflexology 30 min		\$110
reiki 60 min		\$140
shiatsu 60 min		\$140
thai therapy 60 min		\$165

\*We would be happy to provide select spa therapies in-room upon request. Please see a Guest Services Associate for available service offerings. Price will include a 25% in-room surcharge and 20% gratuity.

HEAL		
herbal or oriental medicine consultation 20 min		\$20
acupuncture 30 min   60 min	\$100	\$150
acu-organ detox 60 min		\$150
acu-energetic therapy 30 min (needle-free)   60 min	\$100	\$150
acupuncture massage 60 min		\$150
cupping 30 min (needle-free)   60 min	\$100	\$150
exhale essentials 30 min (needle-free)   60 min	\$100	\$150
tui na 60 min (needle-free)		\$135
vibrational therapy 30 min (needle-free)   60 min	\$100	\$150

NAILS		
pure manicure		\$30
opi gel manicure add on   45 min	\$25	\$50
with redrock detox™ paraffin		add \$20
with french tips		add \$10
express manicure (polish change)		\$15
pure pedicure		\$55
opi gel pedicure add on   45 min	\$30	\$65
with redrock detox™ paraffin		add \$20
french tips add on		add \$10
express pedicure (polish change)		\$15

WAXING			
EYES			
brow shaping	\$35	brow tinting	\$25
brow tweezing	\$35	lash tinting	\$25

BODY			
lip	\$18	arm	\$40
chin	\$18	chest	\$50
cheeks	\$30	back	\$60
leg (upper)	\$45	bikini (basic)	\$35
leg (lower)	\$40	bikini (full)	\$55
leg (full)	\$75	bikini (brazilian)	\$80
underarm	\$25		

SPA PACKAGES	
<b>revive + restore</b>	\$320
Includes a Pure Manicure and Pedicure, 60-minute True Facial and 60-minute Fusion Massage.	
<b>renewal day package</b>	\$260
Includes choice of one 60-minute Fusion Massage or 60-minute True Facial, one mind body class, access to Hotel Gansevoort's rooftop pool, a goodie bag, and one poolside cocktail at Plunge rooftop bar.	
<i>*Pool access is available M-Th from 9am-6pm only. Pool access is not available on holidays.</i>	

FACILITY OFFERINGS	
<b>cabana rentals</b> 60 min	\$150
Exhale members receive 20% off cabana rentals. Each additional hour is only \$100 or you can waive the hourly fee by purchasing \$200 or more in spa therapies within 24 hours of the rental. Weather and availability permitting.	

WELLNESS + NUTRITION	
wellness coaching initial consultation	\$190
wellness follow up session 30 min   60 min	\$80   \$150
five 60 minute nutrition sessions	\$700
seven 30 minute nutrition sessions	\$500

HEALING PROGRAMS	
<b>7-day restoration retreat</b>	\$425   members \$375
Includes a 60-minute True Facial, 60-minute Deep Flow Massage, 60-minute Thai Therapy and seven days of unlimited mind body classes.	

<b>6-week core evolution</b>	\$1200   members \$750
Includes six nutritional sessions, unlimited mind body classes, and discounts on spa and healing therapies and retail purchases.	

<b>blueprint cleanse® 1, 3, 5 + 6 day</b>	pricing varies
This juice cleanse will gently rid your body of impurities, regain an alkaline balance and normalize digestion and metabolism. BPC is designed for people that would like to give their insides a rest while going about their daily lives. Visit <a href="http://blueprintcleanse.com">blueprintcleanse.com</a> .	

<b>mind body cleanse</b>	\$300
Includes a three-day Blueprint Cleanse®, three mind body classes, and one therapy of your choice — a 60-minute Fusion Massage, 60-minute True Facial, or 30-minute Acu-Organ Detox.	

<b>herbal cleanse</b>	\$615   \$515 members
Includes the Blessed Herb Colon Cleansing Kit™, nutrition wellness coaching, a 60-minute Acu-Organ Detox, 60-minute Fusion Massage, and unlimited mind body classes based upon availability.	

FERTILITY PROGRAM (The Berkley Method for Reproductive Wellness)		
initial consultation 90 min		\$250
follow up session 30 min		\$135
Following consultation, full 3-month, 6-month, and 9-month programs are available. See a Guest Services Associate or call for more details.		

YOGA PER CLASS + SERIES PRICING*			
single session*	\$23	package of twenty	\$370
package of five	\$110	personal session	starting at \$150
package of ten	\$210	in-room personal session	add \$25

CORE PER CLASS + SERIES PRICING*			
single session*	\$35	package of twenty	\$560
package of five	\$160	personal session	starting at \$150
package of ten	\$300	in-room personal session	add \$25

\*Guests staying at the Gansevoort will receive the special rate of \$20 per mind body class at exhale through the duration of their stay.

MONTHLY MEMBERSHIP OPTIONS	
Spa, mind body, and corporate memberships are available. Call for more details and pricing.	

LOCATION INFORMATION	
<b>EXHALE AT THE GANSEVOORT MEATPACKING</b>	
18 NINTH AVENUE NEW YORK, NY 10014	
T 212 660 6733	<b>EXHALESPA.COM</b>

