



Shale
at salt

BEAUTY AND MASSAGE STUDIO

*Your time,
Your Journey.*



Exhale has created a beautiful space that gives you the opportunity to rebalance and refocus.

Choose from our range of treatments, including facials, massage, body treatments and luxurious packages. Our intuitive therapists will customise your treatment specifically for you.



We have chosen Mukti Organics, a certified organic skincare range. This luxurious results driven skincare harness the power of native Australian extracts and locally sourced botanical ingredients. Mukti Organics prioritise quality by excluding questionable ingredients like parabens, sulphates, phthalates and synthetic fragrances, instead utilising scientifically backed natural, organic, vegan and cruelty free ingredients.

NOURISHING FOUNDATIONAL FACIAL - 60 min \$130

Take your skin on a journey of gentle renewal. A combination of deep cleansing and dual exfoliation will smooth and renew your skin. Our antioxidant facial oil, an infusion of 16 superfood beauty oils, works harmoniously with the serums to soothe your skin and reinstate homeostasis whilst offering deep hydration and environmental protection. A nutrient-rich antioxidant masque will further purify and fortify your skin. Hydration to your skin to complete this journey sending you into a blissful state.

POWER C FACIAL - 45 min \$145

A quick glow with a vitamin C infused facial. This is the perfect active lift for your skin. A cleanse and gentle resurfacing exfoliant to thoroughly cleanse and prep your skin for active ingredients. Includes a stress-relieving relaxing scalp massage whilst your masque infuses. A vitamin C boost, paired with a moisturiser suitable for your skin concerns will complete this quick-yet-thorough pick me up. Great for all skin types.

BARRIER STRENGTHENING FACIAL - 60 MIN \$150

A soothing and protective treatment to restore harmony and promote skin health. A calming cleanse, and a gentle exfoliation, will prepare the skin for a soothing massage to calm irritated skin. A masque rich in vitamins and antioxidants will help along with serums to promote repair. This treatment will aid in restoring skin resilience, reducing sensitivity, improving skin texture, soothing redness, and reducing irritation.

EXHALE AGE DEFIANCE FACIAL - 75 min \$190

Immerse your mind in total relaxation as you embark on a facial experience like no other, meticulously tailored by your therapist. This indulgent treatment showcases our Age Defiance Collection and targeted Vitamin Booster Elixirs, working to lift, tighten, and revitalise your skin. Experience the power of cosmeceutical peptides, vitamins, and bioactive native Australian extracts, restoring luminosity and hydration. Feel the healing touch through our advanced facial techniques and stress-relieving rituals during the luxurious facial massage. Soothe your soul while receiving a beautiful rose quartz massage to complete that deep relaxation state. The crowning glory, Queen of the Night Crème, with ceramides and collagen will leave your skin plump and noticeably hydrated.

ADVANCED AGE REPAIR QI BEAUTY FACIAL - 60 min \$260

Qi Beauty facial as beautiful as it is fascinating. This facial is for anyone who wants to age naturally with amazing results and no down time.

This facial uses micro magnetic technology to levitate the skin nutrients to fill, lift, re-densify and bring skin to life. Deeply relaxing and meditative, this advanced technology provides oxygen for cellular function and detoxification for healthy skin. Customised sculpting and definition of facial features is restored along with luminosity and clarity. A natural way to treat aging skin

Add Neck and Décolletage for extra \$70

ENHANCERS FOR YOUR CHOSEN FACIAL

VITAMIN ELIXIR A,B,C
OR HYALURONIC MARINE SERUM - \$25
(includes a deluxe take home sample)

Just as we need internal support for health and nutrition, so to our skin requires a combination of vitamins to strengthen and provide antioxidant protection, boost collagen and elastic production, smooth out fine lines and wrinkles while Hyaluronic Acid plumps and hydrates.

GUA SHA MASSAGE - \$25

Our customised gua sha tool is designed to lift, sculpt, tone, and reduce puffiness. Each edge has its own unique finish to assist with achieving the full range of benefits of a facial massage including relieving muscle tension, reducing inflammation, and increasing circulation.

RE-ENERGISING EYE TREATMENT - \$47

Combining a specialised lymphatic drainage massage of the eye area and an eye mask to hydrate and plump. An excellent addition to any of our facials.

NOURISHING HAIR AND SCALP TREATMENT - \$47

This deep hydration mask will help replenish and add shine to your hair. Infused with hot towels and a relaxing scalp massage will leave you feeling revitalised in no time.

EXHALE MASSAGES

PERFECT PRESSURE MASSAGE - 60 min \$109 - 90 min \$150

If it is relaxation you are after, or just a firmer pressure, we tailor this massage perfectly for you.

HOT STONE MASSAGE - 75 min \$143

Hot Stone Massage therapy melts away tension, increases circulation and eases muscle tightness. A beautiful, relaxing treatment.

PREGNANCY MASSAGE - 60 min \$115

An ideal treatment for beautiful mums to be in their second and third trimester. Relieve and relax tired aching feet and legs, and reduce back and shoulder tension. Nourish your mind and relax your body.

SOLE ENERGY - 30 min \$60

A relaxing foot soak and invigorating exfoliation will prepare your feet for deep pressure where needed and relaxing movements to promote circulation and ease tension. Perfect for those tired sore feet and legs.

EXHALE BODY ~ PAMPER YOURSELF

FULL BODY GLOW - 45 min \$110

A full body exfoliation using a unique, hydrating coconut and sugar scrub to remove spent skin cells, improve circulation and invigorate you body. Your skin is then nourished with a silky soft body lotion rich in shea butter and aloe vera to protect the natural moisture barrier and restore elasticity to the skin.

EXHALE PAMPER PACKAGES

LUXURY AT EXHALE - 180 min \$315

Our Luxury Package combines our Signature Perfect Pressure Massage, the beautiful Nourishing Foundational Facial and an Exhale Sole Indulgence Pedicure.

The ultimate full body treatment leaving you relaxed, refreshed and revived.

RELAX AT EXHALE - 120 min \$230

Nurture the body and mind with this relaxation duo. Your journey includes our Signature Perfect Pressure Massage and our indulgent Nourishing Foundational Facial.

Upgrade the massage to a 90 minute Perfect Pressure Massage total package price \$250

UNWIND AT EXHALE - 90 min \$165

Indulge in our invigorating full body scrub followed by our Signature Perfect Pressure Massage.

CREATE YOUR OWN JOURNEY - 120 min \$245

Customise your own 2 hrs of relaxation
Choose 3 of your favourites. (40 min each treatment)

Massage

Facial

Pedicure

Eye Framing

Full Body Scrub

Hair and Scalp Treatment

A LITTLE SOMETHING EXTRA TO ADD

ESSENTIAL FACIAL - \$85

This 30 minute facial is ideal for those on the go. Your skin is cleansed, exfoliated and gently massaged. A hydrating mask is then applied, finishing off with eye cream and moisturiser, a perfect extra to any treatment.

EXHALE BLISS MASSAGE - \$60

Focusing on the upper body, this 30 minute treatment is designed to relieve stress in the back, neck, shoulders and scalp.

HANDS AND FEET

EXPRESS HAND THERAPY MANICURE - 30 min \$60

Tired hands will feel alive again with nail and cuticle work, energising hand massage. Complete with a nail polish.

SOLE EXPRESS PEDICURE - 30 min \$60

Sole Express is perfect for those who have little time but need their feet revitalised. A heel buff and nourishing foot cream application, nails and cuticles will be filed and cut. With nail polish to complete this treatment.

EXHALE SOLE INDULGENCE PEDICURE - 60 min \$90

Treat your tired feet to this indulgent treatment, you will leave walking on revitalised soft feet. Beginning with a relaxing foot soak, nail and cuticle work, followed by a foot peel, heel buff and an exfoliation. You will then enjoy a nourishing foot massage. Complete with a nail polish.

FILE AND POLISH ON HANDS OR FEET - 15 min \$30

Your nails will be shaped and nail polish applied.

ADD A FRENCH POLISH TO ANY OF THE ABOVE - \$20

TINTING

EYEBROW TINT - \$15

EYELASH TINT - \$25

EYE FRAMING -

EYEBROW WAX, TINT AND EYE LASH TINT - \$48

WAXING

Eyebrow	\$22
Lip or Chin	\$18
Side of Face	\$28
Full Face (brows not included)	\$44
Underarm	\$25
½ Arm	\$30
Full Arm	\$40
Basic Bikini	\$27
Bikini G-string	\$38
Brazilian - Regular 4-6weeks	\$55
Brazilian - First time or more than 6 weeks	\$70
Leg ½ \$30 Leg Full	\$55
Back and Shoulders	\$60
Chest and Stomach	\$60

CANCELLATION POLICY

At Exhale we understand that you may need to cancel your appointment from time to time. As this time has been reserved for you we do require at least 12 hours if you wish to cancel or postpone. Failing to give us notice or not showing up for your appointment may result in a 50% fee of the service booked.

Prices Effective March 2024



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