



FACE	30 min	60 min	add on
power		\$245	\$95
true	\$100	\$150	
cool beam	\$130	\$205	\$55
illuminate		\$225	\$75
lift		\$205	\$55
ultrasonic		\$205	\$55
brighten		\$200	\$50
smart peel		\$200	\$50
z peel		\$200	\$50
men's		\$160	
back		\$160	
skincare revolution	packages starting at \$700		

BODY

massage	30 min	60 min	90 min
flow		\$150	\$200
couple's flow		\$300	\$400
fusion	\$100	\$135	\$185
couple's fusion		\$270	\$370
deep tissue	\$115	\$150	\$200
couple's deep tissue		\$300	\$400
sports massage	\$115	\$150	\$200
prenatal massage		\$135	
om body therapy "tui na"*	\$95	\$135	
shiatsu		\$150	
acupuncture massage*	\$100	\$150	
craniosacral therapy		\$150	
reflexology	\$115		

acupuncture + energetic therapies

	30 min	60 min	90 min
acupuncture*	\$100	\$150	\$200
cupping*	\$100	\$150	
vibrational therapy*	\$100	\$150	
acu-organ detox*	\$100	\$150	
reiki		\$135	

*All acupuncturists are independently licensed practitioners with a Master's of Science Degree in Acupuncture and Oriental Medicine and are managed by IHW.

specialty body therapies + scrubs	60 min
power body detox	\$190
glow body scrub	\$160



NAILS

pure manicure	\$35
pure pedicure	\$60
gel manicure <i>add on only</i>	\$20
gel pedicure <i>add on only</i>	\$20
paraffin <i>add on only</i>	\$15
french <i>add on only</i>	\$10
express manicure (polish change)	\$15
express pedicure (polish change)	\$15
gel removal	\$15

BROWS + WAXING

eyes

brow waxing	\$40	brow tweezing	\$40
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body waxing

lip	\$20	arm	\$50
chin	\$20	chest	\$60
cheek	\$30	back	\$70
leg (lower)	\$50	bikini (basic)	\$35
leg (upper)	\$55	bikini (full)	\$55
leg (full)	\$80	bikini (brazilian)	\$80
underarm	\$30		

All spa therapies can be purchased in a pre-paid series of six at a 25% discount. Members receive 20% off all spa therapies.



CLASSES

single	\$25
package of five	\$120 (\$24/class)
package of ten	\$230 (\$23/class)
package of twenty	\$430 (\$22/class)

MEMBERSHIPS

Monthly class membership available. Call for details and pricing.

PRIVATE TRAINING + STRETCHING 60 min

core fusion + yoga	\$115**
thai stretching	\$115

**Price is for non-member single sessions. Discounts available for members and package purchases.



transformational packages + journeys

day of restoration \$320

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

nutrition + wellness

initial consultation \$190

follow up session 30 min | 60 min \$80 | \$150

series of six available at a 25% discount

6 week core evolution \$925 | members \$475

Includes one initial nutrition consultation, five 30-minute follow up nutrition sessions, six weeks of unlimited mind body classes, and discounts on spa therapies and wellbeing boutique purchases.

skincare revolution starting at \$700

Includes one initial skin evaluation, a series of 4-12 facials based on your skin care needs, and 25% off all product purchases made during your program.

acupuncture for weight loss starting at \$340

Includes one 60-minute session, three 30-minute follow up sessions, and the option for additional add ons.

bridal boot camp 6-week starting at \$680

12-week starting at \$975

Includes unlimited mind body classes, weekly check-ins with Mind Body Manager, a series of facials, a 60-minute Fusion Massage, a private group Mind Body class, and discounts on Rent the Runway, and BluePrintCleanse.



exhale Dallas

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revive. restore. exhale.