At Exhale Spa, our clients are miles away from stress and just steps away from our fitness facility. Enjoy Exhale Spa before or after your workout for a quick refresh, or for a day-long experience. Because our facility was designed with relaxation in mind, each moment at Exhale Spa is a step closer to serenity.

Facial treatments and waxing
Ionic foot detox
Lashes, brows and makeup
Massage therapy
Nail services
Reflexology and Reiki

All services and treatments are performed by our licensed massotherapists, estheticians, cosmetologists and Reflexology and Reiki Masters.

Fitness Center members receive discounted pricing on all spa services and treatments; however, you do not need to be a member to enjoy Exhale Spa services. Our clients will have access to the whirlpool, sauna and steam room as well as the Fitness Center at University Hospitals Avon Health Center on the day of service.

Gift Certificates
Gift certificates are available for any of our services and treatments. You may purchase individually or create a perfect gift package.

Exhale Spa Customer Loyalty
Enjoy 10 treatments of any one of the following services and receive an additional treatment free: 30-, 60- or 90-minute massage therapy; nail services; facial treatments; waxing; reflexology; or Reiki. All treatments must be of the same service and not applicable on series of five treatments. Receive one punch per visit, per treatment.
**Massage therapy**

Includes myofascial release, neuromuscular, sports, Swedish, prenatal pregnancy, postnatal pregnancy, hot stone, infant, deep tissue, cupping and ashatsu oriental bar therapy.

<table>
<thead>
<tr>
<th></th>
<th>Members</th>
<th>Nonmembers</th>
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</thead>
<tbody>
<tr>
<td>15-minute chair</td>
<td>$15</td>
<td>$20</td>
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<tr>
<td>30-minute</td>
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<td>$40</td>
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<tr>
<td>60-minute</td>
<td>$55</td>
<td>$65</td>
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<tr>
<td><strong>Series of five</strong></td>
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<td>$286</td>
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<tr>
<td>90-minute</td>
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**Nail services**

**Manicure**

- Spa manicure               | $20   | $24   
- French manicure            | $22   | $26   
- Shellac manicure (with removal) | $36 | $40 |
- Shellac manicure (without removal) | $32 | $36 |
- Hand paraffin treatment     | $10   | $12   |

**Pedicure**

- Mini pedicure              | $30   | $35   |
- Spa pedicure               | $45   | $50   |
- French pedicure            | $50   | $55   |
- Shellac pedicure (with removal) | $54 | $59 |
- Shellac pedicure (without removal) | $50 | $55 |
- Shellac pedicure plus      | $69   | $74   |
- (with removal)              |       |       |
- Shellac pedicure plus      | $65   | $70   |
- (without removal)           |       |       |
- Foot paraffin treatment    | $12   | $14   |

**Additional services**

- Polish change (Nails)       | $10   | $12   |
- Polish change (Toes)        | $15   | $18   |
- Shellac soak off            | $10   | $15   |
- Toenail shaping             | $15   | $18   |

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1Add $4 for French with removal.

2Add $2 for French without removal.

3Add $5 for French with or without removal.

4Recommend treatment series within two-week intervals.

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**Facial treatments**

**Elite facial treatments**

Includes The IMAGE Lifts: O2, Signature, Acne, Lightening, and also the Diamond Microdermabrasion, Dermaplaning, and Rezenerate. Series of 5 can be interchangeable with the facials listed in the Elite category. (60-minute)

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<tr>
<td>Rezenerate Plus (90-minute)</td>
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<tr>
<td><strong>Series of five</strong></td>
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<td>$594</td>
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</table>

**Spa facial treatments**

- Acne facial (60-minute) | $75 | $80 |
- Anti-aging facial       | $75 | $80 |
- Back or chest treatment | $45 | $50 |
- Custom blended (60-minute) | $65 | $70 |
| **Series of five** | $286 | $308 |
- Deep cleansing facial   | $80 | $85 |
| **Series of five** | $352 | $374 |
- Deep massage facial     | $90 | $95 |
- Mini facial             | $45 | $50 |
- Rosacea facial          | $85 | $90 |

**Lashes, brows and makeup**

- Brow tweezing/shaping     | $13 | $16 |
- Finishing touch (15-minute) | Complimentary |
- Eye brow tint             | $15 | $17 |
- Eyelash tint              | $20 | $23 |
- Fashion lash application (15-min.) | $18 | $22 |
- Makeup application (45-minute) | $40 | $45 |
- Makeup lesson (45-minute) | $50 | $55 |

**Hair removal**

**Wax/sugar**

- Arms (full)               | $38 | $43 |
- Arms (half)               | $33 | $38 |
- Back or chest             | $60 | $65 |
- Bikini                    | $28 | $32 |
- Brazilian                 | $60 | $65 |
- Brow                      | $14 | $16 |
- French bikini             | $43 | $48 |
- Full face                 | $32 | $37 |
- Leg (full)                | $70 | $75 |
- Leg (half)                | $48 | $53 |
- Lip                       | $10 | $12 |
- Lip and brow              | $22 | $24 |
- Stomach or backbone       | $13 | $15 |
- Toes                      | $10 | $12 |
- Underarms                 | $23 | $27 |

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**Reflexology or Reiki**

<table>
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<td>60-minute</td>
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**Ionic foot detox**

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<tbody>
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<td>$55</td>
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<tr>
<td>60-minute reflexology/Reiki</td>
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<td>$85</td>
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<tr>
<td><strong>Series of five</strong></td>
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<tr>
<td>60-minute reflexology/Reiki</td>
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**Special events**

For more information and pricing, contact the Exhale Spa Supervisor at 440-988-6828.

Call 440-988-6811 to make an appointment.

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**Exhale Spa guidelines**

We recommend our clients schedule their next appointment prior to leaving the spa.

Please arrive 15 minutes before your scheduled service to allow for check-in and service preparation.

To ensure your complete relaxation, cell phones and electronic devices must be turned off in the spa.

Exhale Spa accepts cash, credit card or check. Gratuities are accepted only in cash. A major credit card or gift card is necessary to reserve time for multiservice appointments.

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**Appointment and cancellation policy**

The staff at Exhale Spa earn their wages by reserving time for our clients, and we make every effort to schedule enough time for each individual’s needs.

In order to keep this schedule policy working for all our clients, any cancellation received less than 24 hours in advance will be charged at 80 percent of the full-service price. A no-show will be charged 100 percent of the full-service price.

All prices are subject to change.