



Trishale
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 organicspa, a Certified Organic Skincare. This luxurious product is Australia's very own 100% natural skin range that combines medicinal strength certified organic plant extracts. organicspa has been carefully formulated to contain high levels of active properties that have been proven not only to be highly results driven but good for you and the environment. organicspa is Australian owned and manufactured in the beautiful northern outskirts of Byron Bay.

EXHALE FACIALS

NOURISH AND NURTURE FACIAL - 60 min \$95

Experience this specialised, tailor made facial to suit your skin type and needs. Your skin will be refreshed with a double cleanse and exfoliation. You will then be treated to a relaxing face and scalp massage, followed by a mask that will address your skin goals. Finishing off your experience with a serum, eye cream and moisturiser.

MULTI-DETOX AND BALANCING FACIAL - 75 min \$105

This specialised facial is designed to calm, rebalance, purify and detoxify the skin. Perfect for unbalanced, stressed, dull or congested skin. This treatment includes a deep cleanse, exfoliation and a specialised clay mask that will assist to revitalise your skins needs. An indulgent face, scalp and arm massage will relax you and you will leave feeling refreshed and rebalanced.

EXHALE AGE-VITA RENEWAL FACIAL - 75 MIN \$129

Exhale and unwind with this results driven facial. Delivering a high concentration of both Vitamin C and Green Tea. These 2 powerful antioxidants help to brighten, strengthen and repair your skin leaving you with a radiant, refined glow. Soothe your soul with a beautiful rose quartz facial massage that improves elasticity whilst you slip into a deep state of relaxation. You will leave feeling rejuvenated and revitalised.

MOISTURE INFUSION FACIAL - 45 min \$99

Soothe, hydrate and replenish your skin with organicspa's unique biohydra mask. Infused with hyaluronic acid, this facial delivers a specialised plumping, softening and anti ageing effect to the skin. A luxury treatment with a long lasting effect.

EXHALE FACIALS

AHA REJUVENATE PEEL - 30 min \$79

Exfoliate, stimulate and brighten with this naturally derived AHA peel using our organicsceauticals range. This will leave your skin feeling refreshed, smooth and revitalised.

LACTIC ENZYME PEEL - 30 min \$79

Refine, resurface and rejuvenate with the most intensive peel organicspa has to offer. Formulated with 20% lactic and 14% AHA. This peel will resurface, increase cell turn over, and rejuvenate, resulting in soft, supple and hydrated skin.

ENHANCERS FOR YOUR CHOSEN FACIAL

AHA REJUVENATION PEEL - \$39

Designed to revitalise, refine, brighten and decongest the skin using a 13% AHA peel.

RE-ENERGISING EYE TREATMENT - \$39

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 - \$39

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 MESSAGES

PERFECT PRESSURE MASSAGE - 60 min \$89 - 90 min \$125

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

HOT STONE MASSAGE - 75 min \$119

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

PREGNANCY MASSAGE - 60 min \$95

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 \$50

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

SALT GLOW - 60 min \$95

A full body exfoliation using the unique blend of fine sea salt and crushed macadamia and coffee seeds. Removing spent skin cells, improves circulation and invigorates your body. Your skin is then nourished with luxurious body butter, rich in shea and cocoa to hydrate and heal.

HYDRATING BODY MASK - 75 min \$129

This indulgent body treatment begins with a full body exfoliation to prepare your skin for our nourishing hydration mask. Combining cocoa seed butter, coconut oil, vitamin E and papaya this silky mask provides an intense hydration experience. Finally you will be massaged with our divine body butter leaving your skin with the ultimate hydration effect.

As your mask infuses, treat yourself to one of the following.

EXPRESS FACIAL - \$40

HAIR AND SCALP TREATMENT - \$30

EYE ENHANCEMENT \$30

EXHALE PAMPER PACKAGES

LUXURY AT EXHALE - 180 min \$240

Our Luxury Package combines our Signature Perfect Pressure Massage, the beautiful Nourish and Nurture Facial and an Exhale Sole Indulgence Pedicure. The ultimate full body treatment leaving you relaxed, refreshed and revived.

RELAX AT EXHALE - 120 min \$179

Nurture the body and mind with this relaxation duo. Your journey includes our Signature Perfect Pressure Massage and our indulgent Nourish and Nurture Facial. Upgrade the massage to a 90 minute Perfect Pressure Massage total package price \$209

UNWIND AT EXHALE - 90 min \$129

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

CREATE YOUR OWN JOURNEY - 120 min \$185

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

Massage	Facial
Pedicure	Eye Framing
Salt Scrub	Hair and Scalp Treatment

A LITTLE SOMETHING EXTRA TO ADD

ESSENTIAL FACIAL - \$60

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 - \$50

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

TANNING

ORGANIC TAN - \$30

Glow from head to toe the natural way with a certified organic spray tan. Australian made and vegan friendly.

HANDS AND FEET

EXPRESS HAND THERAPY MANICURE - 30 min \$50

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

SOLE EXPRESS PEDICURE - 30 min \$50

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 \$70

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 \$25

Your nails will be shaped and nail polish applied.

ADD A FRENCH POLISH TO ANY OF THE ABOVE - \$15

TINTING

EYEBROW TINT - \$10

EYELASH TINT - \$20

EYE FRAMING -

EYEBROW WAX, TINT AND EYE LASH TINT - \$40

WAXING

Eyebrow	\$15		
Lip or Chin	\$12		
Side of Face	\$20		
Full Face	\$35		
Underarm	\$15		
½ Arm	\$25		
Full Arm	\$35		
Basic Bikini	\$20		
Bikini G-string	\$32		
Brazilian - Regular 4-6weeks	\$45		
Brazilian - First time or more than 6 weeks	\$55		
Leg ½	\$25	Leg Full	\$45
Back and Shoulders	\$50		
Chest and Stomach	\$50		

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.



CALL OR TEXT

0490 366 144

email exhaleatsalt@gmail.com



www.facebook.com/exhaleatsalt



www.instagram.com/exhaleatsalt