



## Swedish Massage



Swedish massage therapy goes beyond relaxation. Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

*30 min - \$40    60 min - \$70    90 min - \$110*

## Therapeutic Massage

Deep tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons, and fascia.



*30 min - \$50    60 min - \$80    90 min - \$120*

## Pregnancy Massage



Massage relieves many of the normal discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps, headaches and edema (or swelling). It also reduces stress on weight-bearing joints, encourages blood and lymph circulation, helps to relax

*60 min - \$80    90 min - \$100*

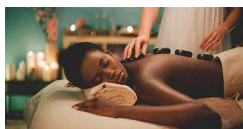
## Sports Massage

Sports massage therapy is geared toward athletes of every kind. The sports massage technique is specific to the athlete's sport of choice, focusing on areas of the body that are overused and stressed from repetitive and often aggressive movements.



*30 min - \$55    60 min - \$90*

## Hot Stone Massage



Massage therapy melts away tension, eases muscle stiffness and increased circulation and metabolism. The direct heat of the stones relaxes muscles, allowing the access to the deeper muscle layers.

*60 min - \$90    90 min - \$145*

## Lymphatic Drainage

Lymphatic Drainage removes liquid excess, metabolic waste, bacteria, toxins, foreign substances and big protein molecules from the tissues. It also helps pain alleviation and improves the function of the immune system, helps the recovery time, and reduces changes of scar formation.



*30 min - \$50    60 min - \$85*

## Post Surgery Lymphatic Drainage



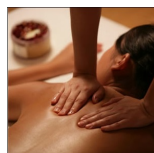
Post Surgery Lymphatic Drainage helps healing, reducing scar tissue, minimizes bruising, removes metabolic waste and bacteria. It also helps treat lymphedema and pain from fibromyalgia.

*60 min - \$110    90 min - \$150*

566 Spears Creek Church Road, Elgin SC 29045  
Phone: (803) 529-1089  
[www.exhalewithmestudio.com](http://www.exhalewithmestudio.com)



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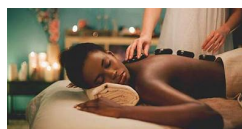
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## SKIN SERVICES

### *On-The-Go Facial - \$35*

Abbreviated facial for those on the go. Includes cleanse, mild exfoliation, serum and moisturizer with an SPF. Steam from warm towels opens pores allowing product to penetrate deeper into skin.

### *Rejuvenating Facial - \$55*

Includes double cleanse, mild exfoliation, mask, serum and moisturizer with an SPF. Steam from warm towels opens pores allowing product to penetrate deeper into the skin. Extractions as needed. Relaxing massage on arms, hands, legs, and feet included.

### *Back Exfoliation - \$15*

As a service or as an add-on, this exfoliating back scrub removes layers of dead skin. Give your back the attention it deserves. Moisturize with a light massage. Choose your scrub and exhale.

### *Signature Back Facial - \$45*

Includes deep cleanse, mild exfoliation, mask, and moisturizer with an SPF. Steam from warm towels opens pores allowing product to penetrate deeper into skin. Extractions as needed. Relaxing massage on arms and hands.

### *Full Body Exfoliation - \$65*

Give your skin an invigorating glow. This full body scrub removed layers of dead skin. The exfoliating factor of sugar and salt leaves skin refreshed, vibrant, soft and smooth. Warm towels infused with essential oils incorporated with light massage. Choose your scrub and exhale.

### *Microdermabrasion Add-On- \$25*

Microdermabrasion is minimally abrasive treatments that gently sand your skin, removing the thicker, uneven outer layer. Microderms treat hyperpigmentation, age spots, sun damage, stretch marks, and reduces fine lines and wrinkles. Exhale and reveal your beautiful skin.

### *Enzyme Peel - \$15*

A chemical exfoliant with fruit enzymes to gently break down dead skin cells. This superficial peel is recommended for dry, dehydrated, sun damaged and hyperpigmented skin.

### *Lactic Peel - \$20*

A chemical exfoliate with hydrating benefits promoting softer, smoother skin. Helps reverse the appearance of fine lines and wrinkles. Highly recommended for aging, sun damage hyperpigmentation and dehydrated skin.

### *Glycolic Peel - \$20*

Glycolic peel promotes repair and skin regeneration. Reverses the appearance of aging and uneven skin tone. Highly recommended for aging skin, acne, sun damage, hyperpigmentation and ingrown hairs.

### *Salicylic Peel - \$20*

Salicylic is an antiseptic exfoliate that penetrates deep into the skin, cleansing the pores. Recommended for acne, mild rosacea and skin rejuvenation.

### *Brow Tint - \$20*

Brows too thin or drawn on? Enhance your natural brow with an Exhale brow tint. Lasts up to 3 weeks and maintenance free. Choose from black or light brown tint.

### *Face Waxing \$10-\$20*

### *Body Waxing \$15-\$85*



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