

packages

udander Retreat: 60 minute steam & sauna, 225-
60 minute massage, 60 minute facial,
foot soak & tea

*Restore: 60 minute steam & sauna, 155-
60 minute massage, 20 minute soaking tub

Om Experience: 60 minute massage 110-
or facial, 60 minute steam & sauna

The Lounge Experience: 120 minute steam 95-
& sauna, foot soak & tea, DIY facial kit

All packages must be booked in a single visit.

**Restore only available downtown.*

memberships

unlimited monthly steam & sauna facility use 85-
+ (1) 60 minute facial or massage monthly 140-
+ (1) 90 minute massage monthly 175-

All members enjoy complimentary tea and face mask with each visit.

Plus 10% off retail. A limited number of memberships are available.

Memberships can transfer between locations.

HOURS & INFO

downtown lounge

Spa lounge access is available only during gender specific hours.

Massages and facials can be booked outside the gender specific hours.

	MON	TUE	WED	THU	FRI	SAT	SUN
women	9-3	9-3	9-3	12-6	12-6	12-6	2-4
men	3-6	3-6	3-6	9-12	9-12	9-12	12-2

131 Dean A. McGee Ave. Suite 105, Oklahoma City, 73102,
connect@udander.com

nichols hills lounge

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	MON	TUE	WED	THU	FRI	SAT	SUN
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men	9-12	9-12	9-12	3-6	3-6	3-6	12-4*

**Co-ed hours from 12-4 pm on Sundays, swimsuits required.*

1001 NW 71st St. Suite 5, Oklahoma City, 73116,
hello@udander.com

udånder

"exhale" in Danish



downtown

131 Dean A. McGee Ave. Suite 105
Oklahoma City, OK 73102
(405) 605-0313

nichols hills at 71st

1001 NW 71st St. Suite 5
Oklahoma City, OK 73116
(405) 849-9699

downtown

LOUNGE

steam + sauna

Detox and let the tension melt away after stepping foot into our aromatherapy steam room. De-stress and find stillness in our white aspen sauna. Refresh in our cold shower and relax in our lounge.

<i>[walk-in based on availability] 60 minutes</i>	25-
<i>[pre or post treatment] 60 minutes</i>	15-

soaking tub

Slip into one of our private aromatherapy soaking tubs and let the tension melt away. Choose your blend of herbs and oils to customize your experience.

<i>20 min</i>	55-
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add-ons

<i>foot soak</i>	20-
<i>DIY facial kit</i>	30-
<i>DIY face mask or DIY body scrub</i>	5-
<i>sauna mat</i>	20-

MASSAGE

Our therapist will customize your experience with hot towels, varying techniques, aromatherapy oils, based on your personalized pressure preference. Prenatal available upon request.

<i>30 min</i>	65-
<i>45 min</i>	80-
<i>60 min</i>	95-
<i>90 min</i>	135-

massage add-ons

<i>hot scalp treatment</i>	20-
<i>dry brush</i>	20-

FACIAL

Our aesthetician will curate this facial to fit your skincare needs with our natural lines including Indie Lee and Eminence Organics. This treatment is designed to leave you feeling hydrated and pampered with dewy, fresh, and healthier skin.

<i>30 min</i>	65-
<i>60 min</i>	95-

natural radiance luxury facial

This Tata Harper complete treatment, firms and lifts the skin using advanced natural skincare technology and ingredients to instantly reduce wrinkles, reinforce collagen and restore the skin's youthful complexion.

<i>90 min</i>	175-
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facial add-ons

<i>tata harper total complexion reset peel (+30 min)</i>	50-
<i>nu face lift + tone full face (+30 min)</i>	40-
<i>nu face lift + tone eyes/lips (+15 min)</i>	25-
<i>collagen mask</i>	40-
<i>collagen eye mask</i>	12-
<i>enzyme peel</i>	25-

Full service waxing available, inquire for pricing.

nichols hills at 71st

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<i>45 min</i>	80-
<i>60 min</i>	95-
<i>90 min</i>	135-
<i>[couples massage] 60 minutes</i>	190-
<i>[couples massage] 90 minutes</i>	270-

**Please call to book couples massage.*

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<i>dry brush</i>	20-

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