

LOUNGE

private 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.

1 hour [1-2 people] 45/person

2 hours [1-5 people] 60/person

**Limited times and hours are available, please call to book.*

**Other services may be added on a la carte if available but must be booked outside of your reserved steam/sauna time.*

**Strict 24 hour cancellation policy. If cancelled within the 24 hour window, 50% fee will be charged.*

add-ons

foot soak 20-

DIY facial kit 30-

DIY face mask or DIY body scrub 5-

udånder

“exhale” in Danish



downtown

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

nichols hills

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

downtown

nichols hills

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-
<i>60 min horoscope facial</i>	160-
<i>*book with Yvonne only</i>	

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.

MASSAGE

Our therapist will customize your experience with hot towels, varying techniques, aromatherapy oils, based on your personalized pressure preference. Prenatal available upon request. *Please call to book couples massage.

<i>30 min</i>	65-
<i>45 min</i>	80-
<i>60 min</i>	95-
<i>90 min</i>	135-
<i>[couples massage] 60 min</i>	190-
<i>[couples massage] 90 min</i>	270-

massage add-ons

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

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native clay treatment

A traditional facial treatment derived from Native American clay, focusing on deep natural exfoliation with no downtime. Repetitive, manual clay application draws out impurities and toxins while rebalancing the skin with minerals. Finished with complete hydration.

<i>90 min</i>	175-
<i>*book with Carol only</i>	

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.