

# 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

## 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.

|                               |      |
|-------------------------------|------|
| 30 min                        | 75-  |
| 45 min                        | 90-  |
| 60 min                        | 115- |
| 90 min                        | 165- |
| *[couples massage] 60 minutes | 230- |
| *[couples massage] 90 minutes | 330- |

## massage add-ons

|                          |     |
|--------------------------|-----|
| hot scalp treatment      | 20- |
| dry brush                | 20- |
| KNESKO collagen eye mask | 20- |

\*Nichols Hills location only

## FACIAL

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

|                          |      |
|--------------------------|------|
| 30 min                   | 75-  |
| 60 min                   | 125- |
| *60 min horoscope facial | 195- |

\*book with Yvonne only

### natural radiance luxury facial

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

|        |      |
|--------|------|
| 90 min | 205- |
|--------|------|

### microcurrent facial

The perfect pick-me-up...no literally. This customized 60 min facial with the addition of the Nuface microcurrent device will lift and tone your facial muscles for a truly contoured look. In essence, the workout your face was looking for.

|        |      |
|--------|------|
| 75 min | 165- |
|--------|------|

## facial add-ons

|   |     |
|---|-----|
| tata harper total complexion reset peel (+30 min) | 50- |
| dermaplaning (+30 min)                            | 40- |
| nu face lift + tone full face (+30 min)           | 40- |
| nu face lift + tone eyes/lips (+15 min)           | 25- |
| KNESKO collagen face mask                         | 45- |
| KNESKO collagen eye mask                          | 20- |
| collagen mask                                     | 40- |
| collagen eye mask                                 | 12- |
| enzyme peel                                       | 25- |

## waxing

|                   |      |                   |     |
|-------------------|------|-------------------|-----|
| brow wax          | 20-  | face wax          | 50- |
| lip or chin wax   | 15-  | bikini wax        | 35- |
| brow or lash tint | 20-  | shy brazilian wax | 55- |
| brow wax + tint   | 105- | brazilian wax     | 70- |
| + lamination      |      | underarm wax      | 20- |



## 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 |
| *3 hours [5-10 people] | 75/person |
| *4 hours [5-10 people] | 90/person |

\*includes complimentary foot soak

Must call to book all lounge appointments.

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.

Automatic 20% gratuity added to lounge services only.

## lounge add-ons

|                                 |     |
|---------------------------------|-----|
| foot soak                       | 20- |
| KNESKO collagen face mask       | 45- |
| KNESKO collagen eye mask        | 20- |
| collagen eye mask               | 12- |
| DIY facial kit                  | 10- |
| DIY face mask or DIY body scrub | 5-  |

Downtown location only soaking tubs 40 (must be booked during a 2 hour private session to allow for ample relaxation time).

## PACKAGES

We have combined some of our most popular services for your ultimate relaxing spa experience. Choose a journey that is perfect for you or someone else, or choose any service a la carte.

### om experience

|  |      |
|--|------|
| 60 min private steam and sauna, 60 min massage | 160- |
|--|------|

### glow getter

|                                  |      |
|----------------------------------|------|
| 90 minute facial, 30 min massage | 270- |
|----------------------------------|------|

### udånder retreat

|  |      |
|--|------|
| 60 minute private steam and sauna, foot soak | 305- |
| 60 minute massage, 60 minute facial          |      |

Limited steam and sauna times available.

# udånder *“exhale” in Danish*

## waxing

---

|                                     |      |
|-------------------------------------|------|
| <i>brow wax</i>                     | 20-  |
| <i>lip or chin wax</i>              | 15-  |
| <i>brow or lash tint</i>            | 20-  |
| <i>face wax</i>                     | 50-  |
| <i>bikini wax</i>                   | 35-  |
| <i>shy brazilian wax</i>            | 55-  |
| <i>brazilian wax</i>                | 70-  |
| <i>leg wax</i>                      | 50-  |
| <i>arm wax</i>                      | 35-  |
| <i>underarm wax</i>                 | 20-  |
| <i>back wax</i>                     | 70-  |
| <i>brow wax + tint + lamination</i> | 105- |