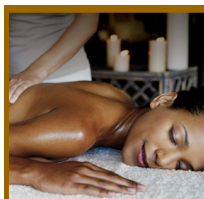
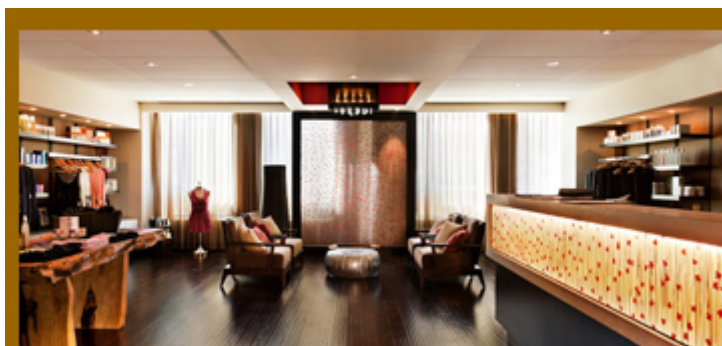


## Exhale Spa and Fitness Center at Battery Wharf Hotel, Boston, Massachusetts, USA



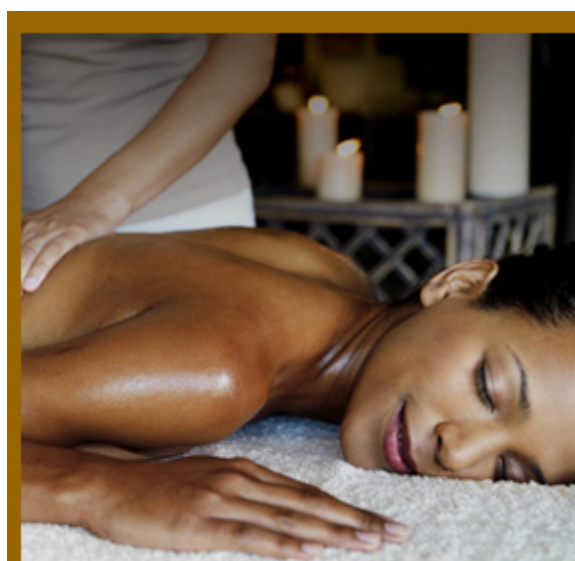
The [Exhale Spa and Fitness Center at Battery Wharf Hotel](#) in [Boston, Massachusetts](#) is an award-winning attractive 13,000 square foot Spa with a focus of "Mind, body, and fitness programs" offering diverse Spa treatments and innovative fitness classes to help you feel and look your best.

We experienced the Exhale Spa and Fitness Center during our stay at the Battery Wharf Hotel in late June 2015 and were impressed with its facilities as well as its varied Spa treatments and fitness programs offered. For Spa goers looking for something different, Exhale offers a wide-ranging Spa treatment menu including Acupuncture, Acupuncture Massage, Acu-Organ Detox Therapy, Cupping and Vibrational therapies.



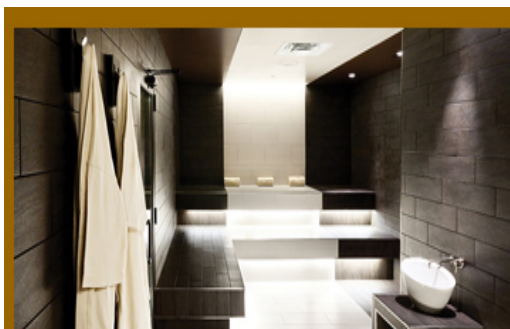
### Exhale Spa and Fitness Center

A sampling of the many facial treatments offered include Back Facial, Brighten Facial, and Cool Beam Facial, Lift Facial, Smart Peel Facial, Men's Facial, Ultrasonic Facial, and their Exhale Power Signature Facial.



### Fusion Body Massage

A few of the massages on the menu include: Craniosacral, Deep Tissue, Exhale Flow Signature, Fusion Swedish, Glow Reflexology, Reiki, Shea Butter, Shiatsu, Sports, and Thai Stretch massages. Other Spa services include Pure Manicures and Pure Pedicures.



### **Turkish Hammam**

We experienced their Fusion Body Massage, described as "a Swedish-based therapy combining the best-known therapeutic massage practice to provide an unparalleled hour of relaxation." The massage was absolutely heavenly, and followed by a session in their spacious Turkish Hammam reclining on the warm marble with cool cloths over our eyes was a perfect ending to our Spa experience.

In addition to the intriguing Spa treatments, they offer an extensive list of fitness classes to appeal to all levels. Yoga classes include Exhale Chill Yoga, Exhale Power Yoga, Exhale Flow Yoga, Waterfront Exhale Power Yoga classes, and Yoga - PranaVayu ½. Fitness classes offered include Core Fusion Barre, Core Fusion + Cardio, Core Fusion Cardio Express, Core Fusion Boot Camp, Core Fusion Extreme, Core Fusion Sport, and many more.



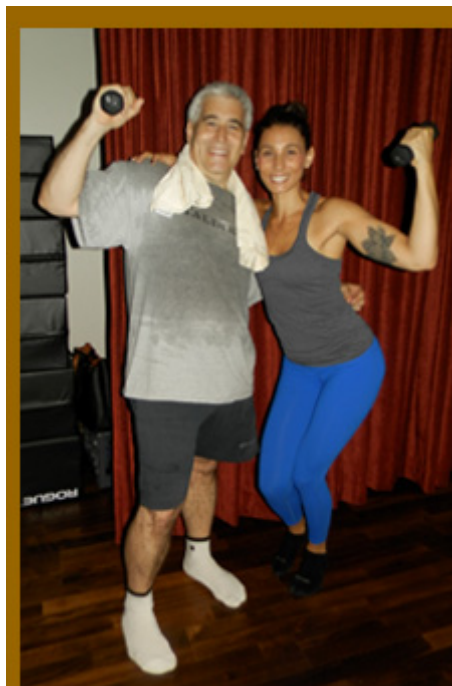
### **Waterfront Exhale Power Yoga**

Although we do not regularly take fitness classes, as Luxury Experience likes to experience as much as we can to best provide readers with in-depth information, we took an early morning Core Fusion Barre class, one of their "signature full body workouts designed to give chiseled abs, toned legs, but arms, and a high, lifted butt" with instructor Victoria Badolato.



### **Core Fusion Barre class**

Under her bio, Victoria lists her classes as, "Fun and Upbeat! I challenge my students to push themselves further each class all while keeping a strong mind/body connection. I'm passionate about creating new upbeat playlists and to love plan my classes around them creating really fun, but challenging classes. You will leave the studio feeling accomplished, confident and strong!"



### **Edward Nesta and Victoria Badolato**

This 60-minute ballet inspired, core-centric class pushed us to our limits with lots of one-on-one encouragement from Victoria who kept us focused and excited to keep pushing through to the end and was a great way to start our day.

The Spa also has a large shop that sells yoga and fitness apparel, non-skid socks, and other Spa related amenities so you can make the most of your Spa visit. Whether Spa pampering is more your style or you are someone who wants the challenge of a fitness class while on the road on business or on holiday, Exhale Spa at Battery Wharf Hotel is sure to fit the bill.

Exhale® Spa also conducts special Workshops, so be sure to check out their website for more information: [www.BatteryWharfHotelBoston.com/Exhale-Spa](http://www.BatteryWharfHotelBoston.com/Exhale-Spa).



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**Facebook:**[www.Facebook.com/BatteryWharfHotel](http://www.Facebook.com/BatteryWharfHotel)  
**Twitter:**[www.Twitter.com/BatteryWharfBOS](http://www.Twitter.com/BatteryWharfBOS)

Read about the **Aragosta Bar and Bistro** in the **Restaurants** section, and the interview with **Executive Chef Joseph Adamo** who graciously shares a few of his tantalizing recipes in the **Chefs' Recipes** section.

Read about the **Keep the Catch Lobster Excursion** in the **Adventures** section, and about their **Exhale Spa and Fitness Center** in the **Spas** section.

For information on Boston, please visit the website: [www.BostonUSA.com](http://www.BostonUSA.com)

Read more about Boston in the **Destinations, Hotels and Resorts, Restaurants, Chefs' Recipes, Adventures, and Gastronomy** sections.

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