

A photograph of two women in white bathrobes smiling in a spa setting. The woman on the left is looking towards the camera, while the woman on the right is looking towards her. The bathrobes have the 'Gale MIAMI' logo on the left chest. The background is a bright, minimalist spa environment with a white door and wall.

Gale

WELLNESS



MARCH SPECIALS



8AM - 7PM | DAILY

LIGHT & LIFT FACIAL

50 min \$165 (reg \$200)

This seasonal facial is designed to visibly brighten, firm, and refresh the skin as it transitions into spring. Targeted techniques stimulate circulation and support natural lifting, while a firming and hydrating mask restores bounce and clarity.

Complimentary, LED light therapy to promote collagen production, calm inflammation, and enhance overall tone leaving the skin lifted, luminous, and refreshed with no downtime.

SPRING RESET MASSAGE

50 min \$175 (reg. \$225)

Experience the ultimate relaxation with our Swedish Massage, a timeless technique renowned its soothing benefits.

Enjoy a complimentary CBD cream upgrade for enhanced muscle relief & subtle seasonal scent infusion to gently refresh the senses.

SPRING PERFORMANCE PACKAGE

4 Private Training Sessions | 60 min each session \$440 (Reg \$480)

Build strength, improve tone, and reset your routine with personalized one-on-one training this March. Each session is tailored to your goals whether that's sculpting, endurance, core stability, or posture correction with structured progression to ensure visible results. Complimentary fitness assessment.