

udånder means exhale in Danish

udånder is a Scandinavian steam and sauna spa set in an urban downtown setting. Our facility includes an aromatherapy steam room, dry sauna, soaking tubs, a communal relaxation area, three treatment rooms and a locker room with showers. You may customize your spa experience to fit your relaxation needs as desired.

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 cedar sauna. Refresh in our cold shower and relax in our lounge.

| | |
|---|-----|
| <i>[walk-in] 1 hour</i> | 20- |
| <i>1 hour before or after treatment</i> | 15- |

steam + sauna hours

Spa Lounge access is available only during gender specific hours. Please see schedule below. All other appointments can be made on our website or by calling.

| | 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 |

memberships

| | |
|--|------|
| unlimited monthly steam & sauna facility use | 60- |
| + (1) 60-minute facial or massage monthly | 120- |
| + (1) 90-minute massage monthly | 160- |

A limited number of memberships are available.

PACKAGES

| | |
|---|------|
| udander Retreat: 1 hour massage, 1 hour facial, 1 hour steam & sauna, foot soak & tea | 215- |
| Restore: 1 hour steam & sauna, 60 min massage, 20 min. soaking tub | 145- |
| The Lounge Experience: 2 hours steam & sauna, footsoak, deluxe DIY kit, tea | 75- |

All packages must be booked in a single visit.

udander.com | 131 Dean A. McGee Ave. Suite 105
Oklahoma City, OK 73102 | 405.605.0313



LOUNGE

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.

20 min 40-

lounge add-ons

| | |
|--|-----|
| <i>foot soak</i> | 20- |
| <i>deluxe DIY facial kit</i> | 15- |
| <i>DIY face mask or DIY body scrub</i> | 5- |

MASSAGE

Our therapist will customize your experience with hot towels, varying techniques, and aromatherapy blend based on your personalized pressure preference.

| | |
|---------------|------|
| <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 needs with our natural collection of Indie Lee products. Designed to leave you feeling hydrated and pampered with dewy, fresh, 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.

90 min 175-

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>gentle marine peel</i> | 25- |

Full service waxing available, inquire for pricing.