

Kripalu®

Healing Arts Menu

Touch Therapy

Kripalu Meditative Massage ♦ ✨ 🌙 ■

Our signature massage practice incorporates energy centering and breathwork to bring the entire being into greater harmony.

- **Light-to-moderate pressure**
50 minutes: \$130 | 80 minutes: \$180
- **Moderate-to-deep pressure**
50 minutes: \$145 | 80 minutes: \$200
- **Pregnancy Massage**
50 minutes: \$130 | 80 minutes: \$180

Therapeutic Massage ✨ 🌙 ■

A firm-pressure massage that focuses on specific areas of discomfort rather than the whole body.

- 50 minutes: \$145 | 80 minutes: \$200

Kripalu Master-Level Massage ♦ ✨ 🌙 ■

The Master-Level Massage incorporates all the signature elements of our Meditative Massage into a customizable session with one of our highly skilled practitioners.

- 80 minutes: \$215 | 105 minutes: \$240

Kripalu Footwork ♦ 🌙

This reflexology-inspired treatment begins with a soothing scalp massage and warm foot compress, followed by focused work with the reflex points of the feet. Drawing on the traditional understanding of the feet as a map of the body, Kripalu Footwork invites a profound sense of relaxation and whole-body well-being.

- 50 minutes: \$135

Kripalu Acupressure ♦ ✕ ■

This clothed bodywork session incorporates rhythmic compressions, gentle stretching and skillful pressure applied to acupoints along the meridians of Traditional Chinese Medicine. These techniques unblock and improve the flow of energy, blood, and fluids in the body. Kripalu Acupressure will leave you feeling revitalized and refreshed.

- 50 minutes: \$135 | 80 minutes: \$190

Positional Therapy ♦ ✕

A gentle technique for increasing range of motion and relieving muscular discomfort. Positional Therapy is effective in the treatment of pain due to injury, stress, repetitive strain, postural distortion, and chronic neuromuscular conditions.

- 50 minutes: \$135 | 80 minutes: \$190
- **Positional Therapy Specialist**
50 minutes: \$150 | 80 minutes: \$205

Integrative Massage & Energy Work

This integrative session combines Kripalu Method Massage with energy work to release tension, restore balance, and support a greater sense of well-being. Through mindful touch and subtle energy practices, experience a deeply centering treatment that nurtures both body and spirit.

- 80 minutes: \$190

Seasonal Healing Ritual ♦ ✨ ■

A multi-sensory sacred ceremony attuned to the natural rhythms of the year. This experience weaves together mindful bodywork, energy healing, aromatherapy, and guided intention-setting to help you “meet the moment” with clarity and presence.

- 80 minutes: \$205

Acupuncture

Acupuncture ■

Acupuncture provides stress relief and promotes an overall feeling of vitality. Fine needles are inserted into specific points on the body to balance your energy, promote relief, and support your whole being.

- 50 minutes: \$140 | 80 minutes: \$205

Energy Work

Kripalu Energy Balancing ♦ ✕ ■ ✨

Promote deep relaxation through this Kripalu-created, polarity-inspired flow, which supports overall well-being by enabling your body to function more efficiently.

- 50 minutes: \$125 | 80 minutes: \$175

Reiki ✕ ■ ✨

Through a series of gentle hand placements, major systems of the body are given concentrated life-force energy, melting away tension, stress, and pain and enhancing the body's inherent power to heal.

- 50 minutes: \$125 | 80 minutes: \$175

Integrated Energy Therapy ✕ ■ ✨

Integrated Energy Therapy (IET) is a gentle energy healing practice that works with cellular memory to help release physical, mental, emotional, and spiritual blockages. As old patterns are released, IET helps imprint those areas with new positive emotions, supporting greater ease, balance, and well-being.

- 50 minutes: \$125 | 80 minutes: \$175

Craniosacral Therapy ✕ ✨

Your therapist's sensitive touch locates blocks in the craniosacral system and gently eases restrictions, allowing all systems to flow more freely and encourages the body's natural healing processes.

- 50 minutes: \$125 | 80 minutes: \$175

Kripalu Master-level Energy Work ♦ ✕ ■ ✨

Experience what each master-level energy therapist has to offer from their individual toolboxes. Our therapists are skilled in an extensive range of Eastern and Western modalities that help clear and strengthen your energy field while helping you access your inner wisdom.

- 80 minutes: \$215 | 110 minutes: \$240

Vibrational Healing ✕ ✨

Vibrational Healing works with the resonant sound and vibration of Tibetan metal bowls to soothe the mind and engage the body on a deeper level. As the tones surround and move through you, they invite deep relaxation and a sense of balance throughout the physical and energetic body.

- 50 minutes: \$125 | 80 minutes: \$170

Ayurvedic Health Consultations

Curious about our full menu of Ayurveda offerings? Ask your practitioner for our supplemental menu.

Complementary Ayurvedic Insight Session ♦ ○

A 25-minute conversation to explore your current health, lifestyle, and aspirations, and discover how Ayurvedic wisdom can support greater balance, vitality, and purpose in your life.

- 25 minutes: Complementary

[More Options →](#)

Book your appointment today.

On Campus and Virtual services are offered:

Monday—Sunday, 9:30am—8:30pm.

Services are by appointment only. Book now by calling **413.448.3514** or by visiting **kripalu.org**. Prices subject to change.

A \$10 weekend upcharge applies on Fridays, Saturdays, and Sundays.

- ♦ **Our Kripalu Signature Services:**
Rooted in our methodology and developed by our own faculty. Through compassionate self-exploration and a mindful one-on-one approach, you can soften, relax, and tune in to your body's inner wisdom.
- **Virtual Services Available:** *Experience personalized, private virtual sessions from the comfort of home.*
- ✕ *Please wear loose-fitting yoga clothes for these sessions.*
- ✨ **Essential Oil Blends:** *Add one of these therapeutic oil blends to enrich your massage experience: \$10*
- 🌙 **Full-Spectrum CBD:** *Add CBD oil to enrich your massage experience: \$20*
- **Tuning Forks:** *Add biosonic tuning forks to enrich your massage experience: \$10*
- ✨ **Crystal Energy:** *Enhance your energy work session with crystals, helping you feel more balanced, aligned and expansive. Take home the chakra crystal giftbox following the session. \$20*

Ayurvedic Healthy Living ♦ ○

This highly individualized consultation explores your unique patterns, constitution (dosha), lifestyle, values, and goals. Together, you'll create a supportive, personalized plan to help you bring greater vitality, balance, and alignment to your life.

- 50 minutes: \$140 | 80 minutes: \$200

Food as Medicine ♦ ○

Explore personalized food choices that may support sleep, digestion, and vitality. Together, you'll identify simple, supportive shifts that align with your unique needs and goals.

- 25 minutes: \$75

Rhythms & Rituals ♦ ○

Finding a new rhythm for life can be challenging—especially when you're ready for change but aren't sure where to begin. This personalized session helps you explore the rhythms of nature and your own life cycles, then discover meaningful practices and rituals to create greater alignment, balance, and vitality.

- 50 minutes: \$140 | 80 minutes: \$200

Ayurvedic Bodywork

Marma Balancing ♦ ■

In this calming and nourishing session Ayurvedic oil blends are applied and gentle to moderate pressure is given to specific energy points on the body. The stillness and presence held with each marma point brings balance to the flow of vital life force in body and mind. Kripalu Marma Balancing is quieting and grounding.

- 50 minutes: \$145 | 80 minutes: \$205

Abhyanga ♦

Long, flowing rhythmic strokes help restore balance and vitality, nourishing the body, relaxing the nervous system, and enhancing circulation using herbally infused oil to help balance your dosha. Garshana is a dry silk glove exfoliation which can be incorporated into the 80-minute Abhyanga. (Light-to-moderate pressure).

- 50 minutes: \$145 | 80 minutes: \$205
w/ Garshana 80 minutes: \$220

Vishesh ♦

A firm and flowing Ayurvedic massage treatment which supports the relief of muscular tension and fatigue, balances the nervous system, and enhances circulation while using herbally infused oil to help balance your dosha. Garshana is a dry silk glove exfoliation which can be incorporated into the 80-minute Vishesh. (Moderate-to-firm pressure).

- 50 minutes: \$145
w/ Garshana 80 minutes: \$220

Shirodhara ♦

Discover the ultimate journey to inner peace and rejuvenation with Shirodhara, a signature Ayurvedic therapy designed to harmonize your body, mind, and spirit. This ancient treatment involves a gentle, rhythmic stream of warm herbal oil poured over your forehead (the “third eye”), creating a deeply meditative state.

- 60 minutes: \$145

Shiroabhyanga ♦

Experience the deeply nourishing union of Shirodhara and Abhyanga. Warm herbal oil flows rhythmically over the forehead while a full-body massage invites deep relaxation, grounding, and restoration. This meditative Ayurvedic treatment soothes the senses, settles the mind, and leaves you feeling warm, balanced, and renewed.

- 90 minutes \$250

Skin Care

Dr. Hauschka Facial or Body Treatment

Facial: Caring for the skin holistically with rhythmic lymphatic stimulation, décolleté, hand and arm massage.

Body treatment: Begins with an aromatherapy foot soak, a body oil of your choosing is applied gently and rhythmically. The skin and body are pampered and nurtured.

- Facial 60 minutes: \$145 | Body 60 minutes: \$145

Solavedi Ayurvedic Facial or Body Treatment ♦

Facial: Relax deeply with this Kripalu signature facial treatment which includes massage oleation with Kansa wands.

Body treatment: Warm oils applied gently. Kansa wands, hot towels and treatment mask is applied to the back and décolleté.

- Facial 60 minutes: \$145 | Body 60 minutes: \$145

Green Envee Facial or Back Treatment

Facial: Our most exfoliating facial, with the use of enzymes and granular exfoliants. Post facial sun care is recommended.

Back treatment: It's a facial for your back, with deep cleansing, steam, pore cleaning, massage, and masking.

- Facial 60 minutes: \$145 | Back 60 minutes: \$145

Crown & Sole Ritual

Inspired by the ancient Ayurvedic tradition of Champissage, this restorative skincare ritual deeply nourishes the scalp, hair, hands, feet, and decollete through luxurious herbal oils and gentle touch. A signature Kripalu hair wrap - yours to keep- allows the nourishing scalp treatment to continue long after your ritual ends.

- 60 minutes \$165

Soul Guidance

Soul Insight Session ○

A guided exploration of inner wisdom, intuitive awareness, and the deeper questions of the heart.

Explore the questions, patterns, and possibilities arising in your life with one of our Soul Guides. Your practitioner draws upon their unique intuitive gifts and may work with divinatory tools such as Tarot, Kabbalah, oracle cards, pendulums, or symbolic objects to illuminate your path and support reflection, clarity, and deeper self-understanding.

- 25 minutes: \$75 | 50 minutes: \$140
80 minutes: \$200

Akashic Record Reading ○

Access the wisdom of the Akashic Records, a spiritual database containing the vibrational history of your soul’s experiences, thoughts, actions, and

emotions. Divine information and guidance can illuminate patterns and possibilities, empowering you to use your free will and consciously create the world you wish to live in.

- 50 minutes: \$140 80 minutes: \$200

Mediumship ○

This personalized mediumship session offers comfort, connection, and insight through communication with the spirit world. After a brief meditation, your practitioner creates space to connect with spirit guides, angels, and/or loved ones who have passed, offering messages, guidance, or reflections to support your path

- 25 minutes: \$75 | 50 minutes: \$140
80 minutes: \$200

Tarot Readings ○

Tarot is a form of divination that uses 78 relatable, archetypal cards to offer insight, perspective, and clarity. Through the symbolism of the cards, a reading can unlock deeper levels of self-awareness and offer support in navigating times of change, challenge, or transition.

- 25 minutes: \$75 | 50 minutes: \$140

Master Level Soul Guidance

Our Soul Guidance practitioners draw from decades of study and practice in diverse healing traditions to support transformation at the deepest levels of mind, heart, and spirit. Each session begins with conversation and intention-setting before unfolding intuitively according to your unique needs. Drawing from practices such as energy healing, vibration, intuitive guidance, spiritual inquiry, ancestral wisdom, and somatic healing, these deeply personalized experiences are designed to foster insight, healing, and a greater connection to your authentic self.

- 80 minutes: \$215 | 110 minutes: \$240

Soul Guidance Follow-up Session ○

This follow-up session is designed for those who have experienced any of the Soul Guidance sessions at Kripalu and wish to revisit a questions or themes that emerged from that session in greater depth.

Note: *The follow-up session must be booked within one month following the initial booking. See Healing Arts Advisor for booking.*

- 25 minutes: \$70 | 50 minutes: \$135

Vedic Astrology Sessions ○

Explore the celestial map of your birth from an Ayurvedic framework and discover how these placements illuminate your innate gifts, life path, karmic patterns, and current journey. Advance knowledge of your birth date, time and location is required.

- **Rsing, Moon, Sun Sign & Nakshatra Analysis**
50 minutes \$140 | 80 minutes \$200
- **Astrology & Ayurveda**
50 minutes \$140 | 80 minutes \$200

Curious about our full menu of Ayurveda offerings? Ask your practitioner for our supplemental menu.

Payment and Cancellation Policy Payment is taken at the time of booking and is fully refundable for rescheduling and cancellations up to 24 hours before your service. Rescheduling, modifying your appointment time, or canceling treatments within 24 hours will result in a 50% forfeiture fee. The remaining balance of the treatment price will be issued as a nonrefundable credit to your Kripalu account, which will be held for one year from the date of issue. If you fail to show up for your treatment, the full charge will apply. *3% service fee added to all Healing Arts services.

Note: Treatment time is not extended for late arrivals. (Includes late arrivals due to programs running over their scheduled time.)

Gratuify: Can be handled directly with your practitioner or anytime by visiting the 4th floor Reception Desk or Front Desk. Gratuities not included.

Pregnancy: If you are pregnant at any stage of pregnancy, you must book a prenatal/pregnancy-specific massage or treatment.

Under 18: In order to offer services to a person between 12 – 17 years of age on campus at Kripalu, a parent or legal guardian must be present for the duration of the treatment as minors must be accompanied by a parent or legal guardian at all times while at Kripalu.