A powerful addition to any Kripalu program, a Healing Arts service can help you access deeper levels of relaxation and understanding, so the body can guide itself into healing.

Kripalu Bodywork and Facials

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: $90 | 80 minutes: $140
- Moderate-to-deep pressure
  50 minutes: $105 | 80 minutes: $155

Specific Therapeutic Massage
A firm-pressure massage that focuses on specific areas of discomfort rather than the whole body.
50 minutes: $105 | 80 minutes: $155

Pregnancy Massage
Safe and effective massage practices for prenatal and postnatal care.
50 minutes: $90 | 80 minutes: $140

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.
105 minutes: $200

Aromatherapy Massage
This gentle, rhythmic full-body massage uses essential oils selected especially for you, to soothe the nervous system while stimulating the lymphatic and circulatory systems.
50 minutes: $100 | 80 minutes: $155

Stone Therapy Massage
Warm volcanic stones are massaged over the entire body. This ancient healing treatment moves energy to depleted areas, relieves sore muscles, and produces a soothing state of peace, calm, and balance.
90 minutes: $185

Kripalu Footwork
This reflexology-inspired treatment begins with a scalp massage and warm foot compress, followed by a focused massage for your feet to bring greater relaxation and balance to your whole body.
50 minutes: $100

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: $95 | 80 minutes: $155

Sessions with our Positional Therapy Specialist
50 minutes: $110 | 80 minutes: $165

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. The 80-minute session includes the full 50-minute acupuncture treatment, plus an integrative acupressure massage—as well as take-home stretches, exercises, and breathwork techniques provided by your therapist to help support your integration.
50 minutes: $115 | 80 minutes: $180

Kripalu Acupressure
Restore the flow of energy with this unique treatment that addresses acute or chronic pain.
50 minutes: $95 | 80 minutes: $155

Thai Massage
Your therapist guides you through a flowing sequence of yoga-based stretches, while applying rhythmic pressure along the energy pathways and points.
50 minutes: $95 | 80 minutes: $155

Dr. Hauschka Classic Facial
This treatment leaves you feeling serene, centered, and radiant. A certified Dr. Hauschka esthetician applies rhythmic touch, lymph stimulation, aromatherapy, and gentle exfoliation, all with the help of the Dr. Hauschka pure botanical skin-care line.
60 minutes: $115 | 120 minutes: $195

Ayurvedic Facial
Western science and ancient Ayurvedic wisdom unite to create a unique treatment that nourishes the skin and promotes harmony. For the ultimate treat, try our 120-minute Ayurvedic Facial, which includes a soothing foot treatment along with the 60-minute facial and closes with Shirodhara—a warm oil stream poured on the forehead that quiets the mind and balances your entire being.
60 minutes: $115 | 120 minutes: $195

Please wear loose-fitting yoga clothes for these sessions.

Essential Oil Blends: Add one of these therapeutic oil blends to enrich your massage experience: $8

Healing Arts services are by appointment only; prices subject to change. 888.738.1822

Upon availability, appointments are bookable 10:00 am–10:00 pm, Monday–Friday, and 9:00 am–10:00 pm, Saturday and Sunday.
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: $90 | 80 minutes: $140

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: $90 | 80 minutes: $140

Integrated Energy Therapy®
Your therapist combines specific hand positions with gentle acupuncture to clear blocks that suppress energy and cellular memory. 50 minutes: $90 | 80 minutes: $140

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 encouraging the body’s natural healing processes. 50 minutes: $90 | 80 minutes: $140

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 and aid you in accessing your inner wisdom. 110 minutes: $200

*Please wear loose-fitting yoga clothes for these sessions.*

AYURVEDIC BODYWORK

Marma Balancing (light pressure)
Soothe and align the physical and subtle bodies with this gentle treatment that focuses on your energy points. 50 minutes: $95 | 80 minutes: $155

Abhyanga (light to moderate)
Long, flowing strokes help restore balance and vitality, nourishing the body, relaxing the nervous system, and enhancing lymphatic and arterial circulation. 50 minutes: $110 | 80 minutes: $170
80 minutes with Garshana: $185
80 minutes with Shirodhara: $190

Vishesh (moderate to deep)
A slightly more vigorous Ayurvedic massage treatment, Vishesh breaks up muscle adhesions, stimulates lymphatic flow, and relieves tension. 50 minutes: $110
80 minutes with Shirodhara: $190

Shirodhara
This relaxing treatment uses warm oil poured in a gentle stream over the forehead, calming the entire being. Shirodhara enhances circulation to the brain, improves memory, nourishes the hair and scalp, and releases stress and tension. 45 minutes: $110
Can be combined with Abhyanga and Vishesh, and is included in our 120-minute Ayurvedic Facial.

Garshana (Dry Silk-Glove Treatment)
The exfoliation provided by this treatment is included in our 120-minute Ayurvedic Facial. 50 minutes: $100 | 80 minutes: $175

CONSULTATIONS

Ayurvedic Health Consultation
Receive a one-on-one Ayurvedic consultation to address your overall health and well-being, including personalized diet and daily routine recommendations. Please note that this service does not include diagnosis or treatment of specific conditions. 50 minutes: $100 | 80 minutes: $150

Life Coaching
Work with a coach to develop an action plan that reflects both ways of being (mindfulness) and ways of doing (right actions to take). 50 minutes: $100 | 80 minutes: $150

Private Kripalu Yoga Instruction
Refine your alignment, design your own sequence, discover posture modifications, and experience restorative yoga postures. No previous yoga experience required. 50 minutes: $100 | 80 minutes: $150

Private Meditation Session
Work one-on-one with an experienced meditation teacher to create a customized practice that is truly satisfying. No previous meditation experience required. 50 minutes: $100 | 80 minutes: $150

Yoga Therapy
Work with a yoga therapist to tailor mind-body practices to meet and manage your specific needs. Yoga therapy promotes overall health and assists in reducing symptoms associated with common medical conditions. 50 minutes: $100 | 80 minutes: $175

Note: Our consultations have limited availability; please reserve one to two weeks in advance.

CANCELLATION POLICY

Cancellations and changes can be made up to 24 hours in advance.

For changes or cancellations less than 24 hours in advance, you will be charged a 50 percent forfeiture fee. If you fail to show up for your treatment, the full charge will apply.

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

SICK POLICY

In order to protect the health and well-being of our guests and practitioners, we reserve the right to cancel appointments due to your illness. If you are experiencing symptoms of a cold, flu, or other contagious condition, please inform Scheduling as soon as possible. Same-day cancellation fees may apply.

CHILD AND TEEN POLICY

Kripalu adheres to the following guidelines to support a positive Healing Arts experience for children and adolescents under the age of 18:

- Healing Arts services will not be provided to anyone under the age of 18 without the written consent of a parent or guardian.
- For all minors between the ages of 12 and 18, a parent or guardian must be present in the treatment room for the entire service.
- Children under the age of 12 may not receive Healing Arts treatments.
- Children must work with a therapist of the same gender, as schedule/treatment permits.