A powerful addition to any Kripalu program, Healing Arts help you access deeper levels of relaxation and understanding so the body can guide itself into healing. Your appointment is a learning experience that invites you to explore your mind and body with the guidance of our skilled practitioners.

Kripalu Meditative Massage
Experience healing and rejuvenation through a fusion of revitalizing touch and soothing energy work. Along with renewing your physical body, Kripalu Meditative Massage brings the mind to a place of inner stillness, helping you connect to your intuitive wisdom. This is a light-to-moderate pressure massage. 50 minutes: $90 | 80 minutes: $140
Deep pressure 50 minutes: $105 | 80 minutes: $155
Specific therapeutic work 50 minutes: $105 | 80 minutes: $155
Pregnancy Massage 50 minutes: $90 | 80 minutes: $140

Kripalu Master-Level Massage
Create a customized massage session utilizing the therapeutic and intuitive skills of a highly experienced therapist in a session designed to renew and refresh your body, mind, and spirit (or designed to address your specific needs/goals). 105 minutes: $200

Positional Therapy
Release deep-seated tension with this clothes-on therapy to relieve chronic pain from injury, stress, or repetitive strain. 50 minutes: $95 | 80 minutes: $155
Positional Therapy Specialist 50 minutes: $110 | 80 minutes: $165

Aromatherapy Massage
Breathe deeply as you unwind with a gentle full-body, rhythmic application of custom-blended essential oils. 50 minutes: $100 | 80 minutes: $155

Stone Therapy Massage
Become peacefully calm while 40 heated and smoothed stones massage and melt away tension. 90 minutes: $185

Kripalu Acupressure
Restore the flow of vital energy with this unique clothes-on session that uses palm and finger pressure along meridian lines to rejuvenate and relax your entire being. 50 minutes: $95 | 80 minutes: $155

Thai Massage
Awaken your vital force through a flowing sequence of yoga-based stretches with rhythmic pressure along energy pathways. 50 minutes: $95 | 80 minutes: $155

Please wear loose-fitting yoga clothes for these sessions.

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, detoxification, and spiritual attunement through this gentle polarity-inspired flow.
50 minutes: $90 | 80 minutes: $140

**Reiki** Induce a healing state of mind, body, and spirit with this ancient healing technique.
50 minutes: $90 | 80 minutes: $140

**Integrated Energy Therapy®** Your therapist combines “angelic” energy with specific hand positions to clear accumulated energy blocks and lift suppressed cellular memory.
50 minutes: $90 | 80 minutes: $140

**Craniosacral Therapy** Gentle touch releases restrictions in the craniosacral system to encourage the body’s natural healing processes.
50 minutes: $90 | 80 minutes: $140

**Kripalu Master-Level Energy Work** Initiate a process of self-discovery and healing within the mental, emotional, physical, and soul realms.
110 minutes: $200

**FOR THE FACE**

**Shankara Ayurvedic Facial** A unique treatment that nourishes and refreshes the skin and brings harmonic balance.
60 minutes: $115

**Shankara Ultimate Bliss** Includes a Shankara Ayurvedic Facial, a soothing and balancing foot treatment, and shirodhara—a warm oil stream poured on the forehead.
120 minutes: $195

**Dr. Hauschka Classic Facial** A certified Dr. Hauschka esthetician uses rhythmic touch, lymph stimulation, and gentle exfoliation.
60 minutes: $115 | 120 minutes: $195

**AYURVEDIC BODYWORK**

**Ayurvedic Body Treatment** Bring new life to the body with a dry silk glove exfoliation, warm herbalized oil, and full-body clay mask. 90 minutes: $195

**Ayurvedic Marma Balancing** Soothe and align the physical and etheric bodies with this oil application to energy points on the body.
50 minutes: $95 | 80 minutes: $155

**Udvartana (Skin and Lymphatic Detox)** Deeply detoxify with this penetrating and cleansing herbal paste application.
70 minutes: $180

**Abhyanga (Ayurvedic Massage)** Experience the bliss of a full-body massage using warm, herbalized oils to balance and rejuvenate your unique constitution.
50 minutes: $110 | 80 minutes: $170

**Combination Treatments (see below)**:
- Abhyanga+Shirodhara—80 minutes: $190
- Abhyanga+Swedna—80 minutes: $190
- Abhyanga+Garshana—80 minutes: $185

**Visheš (Vigorous Herbal Oil Treatment)** Revitalize and stimulate your immune system with this vigorous oil treatment technique.
50 minutes: $110

**Combination Treatments (see below)**:
- Visheš+Shirodhara—80 minutes: $190
- Visheš+Swedna—80 minutes: $190

**Available as an add-on or individually:**

**Shirodhara (Ayurvedic Relaxation Treatment)** Balance and soothe your mental body through this application of a warm oil stream to the forehead. 45 minutes: $110

**Available only as an add-on:**

**Swedna (Ayurvedic Steam Treatment)** Detoxify with this herb-enhanced steam treatment.

**Garshana (Dry Silk-Glove Treatment)** Exfoliate your body with this treatment.

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**CONSULTATIONS**

**Ayurvedic Health Consultation** Address overall health including personalized diet and daily regime for greater vitality and balance.
50 minutes: $100 | 80 minutes: $150

**Life Coaching** Get guidance in making sustainable changes that improve your quality of life and invite maximum success.
50 minutes: $100 | 80 minutes: $150

**Private Kripalu Yoga Instruction** Experience Kripalu Yoga one-on-one to begin or deepen your practice.
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.
50 minutes: $100 | 80 minutes: $150

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

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**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.

**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.

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888.738.1822

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- 10:00 am–10:00 pm, Monday–Friday
- 9:00 am–10:00 pm, Saturday and Sunday