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 both mind and body with the guidance of our skilled practitioners.

OUR MOST POPULAR PACKAGE!

Restore Energy and Balance
Each unique and satisfying experience revitalizes every aspect of your being.
$418 (save $47)
- Kripalu Meditative Massage
- Abhyanga Herbal Oil Treatment (80 minutes)
- Kripalu Energy Balancing
- Ayurvedic or Dr. Hauschka Facial
Ask about additional signature packages.

Kripalu Meditative Massage
Our signature massage practice incorporates energy centering and breathwork to bring body, mind, and spirit 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
Firm pressure; focused massage on specific areas of discomfort rather than full 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 experienced and skilled practitioners. 105 minutes: $200

Aromatherapy Massage
This gentle and 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 and meditative state of peace, calm, and balance.
90 minutes: $185

Kripalu Footwork
In this reflexology-inspired treatment, a warm foot compress is followed by a focused massage treatment for your feet, to bring greater relaxation and balance to your whole body. Includes the option to add a scalp massage. 50 minutes: $100

Positional Therapy
A gentle and effective therapy for increasing range of motion and relieving muscular pain. These techniques are 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

Kripalu Acupressure
Restore the flow of energy with this unique way to treat acute or chronic pain.
50 minutes: $95 | 80 minutes: $155

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

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

More Options

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.
Kripalu Energy Balancing
Promote deep relaxation through this Kripalu-created and 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, powerful hand placements, tension, stress, and pain melt away. Major systems of the body are given concentrated life-force energy, 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 acupressure to clear blocks suppressing energy and cellular memory.
50 minutes: $90 | 80 minutes: $140

Craniosacral Therapy
The therapist’s sensitive touch locates blocks in the craniocervical 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 energy modalities that help clear and strengthen your energy field and aid you in accessing your inner wisdom. This treatment is the perfect way to experience a variety of techniques with our wonderful energy workers.
110 minutes: $200

An extended energy healing practice that is truly satisfying. No previous meditation experience required.

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

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.

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