

# Kripalu®

# Healing Arts

Experience a deeper  
kind of wellness.



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.

## DESIGN YOUR OWN HEALING ARTS PACKAGE!

Plan the perfect experience for yourself or a loved one.

- Schedule three services, SAVE 10%
- Schedule four services, SAVE 15%

## KRIPALU BODYWORK

### 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

**Kripalu Footwork** Unwind with a head massage, a warm foot compress, and focused work on your feet. This reflexology-inspired treatment leaves your entire body feeling balanced. 50 minutes: \$100

☀️ Shankara Essential Oils blends  
Add one of these therapeutic oil blends to enrich your massage experience: \$8

### 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, rhythmical 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.

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

## 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

## 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

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

## 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

**Vishesh (Vigorous Herbal Oil Treatment)**

Revitalize and stimulate your immune system with this vigorous oil treatment technique.

50 minutes: \$110

*Combination Treatments (see + below):*

Vishesh+Shirodhara—80 minutes: \$190

Vishesh+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.

**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

**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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