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
Book this signature package of four services and save 10%. $418 (save $47)
- Kripalu Meditative Massage
- Abhyanga Herbal Oil Treatment (80 minutes)
- Kripalu Energy Balancing
- Ayurvedic or Dr. Hauschka Facial
Call to schedule or 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
This reflexology-inspired treatment begins with a scalp massage and warm foot compress, followed by a focused massage treatment for your feet to bring greater relaxation and balance to your whole body.
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

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 acupuncture 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 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 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

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

**FOR THE FACE**

**Dr. Hauschka Classic Facial**
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. This treatment leaves you feeling serene, centered, and radiant.
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 brings harmonic balance. For the ultimate treat, try our 120-minute Ayurvedic Facial, 60-minute facial, that includes a soothing and balancing foot treatment, and closing 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

**AYURVEDIC BODYWORK**

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

**Abhyanga (light to moderate)**
Long, flowing strokes help restore the balance of vital energy, deeply nourish the body, and relax the nervous system, 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 with moderate to firm pressure. This treatment 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 mind, body, and spirit. Shirodhara enhances blood circulation to the brain, improves memory, nourishes the hair and scalp, and aids in the release of stress and tension.
45 minutes: $110
Can be combined with Abhyanga and Vishesh treatments, and is included in our two-hour Ayurvedic facial.

**Garshana (Dry Silk-Glove Treatment)**
Exfoliation to increase circulation.
Can only be combined with the 80-minute Abhyanga.

**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

**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.

**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.

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

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*Note: Shirodhara can only be combined with the 80-minute Abhyanga.*