

## TOUCH THERAPY

#### Kripalu Meditative Massage (Onsite) 🔴 🗮 🗮

Our signature massage practice incorporates energy centering and breathwork to bring the entire being into greater harmony.

- Light-to-moderate pressure
  50 minutes: \$100 | 80 minutes: \$150
- Moderate-to-deep pressure
  50 minutes: \$115 | 80 minutes: \$170

### Therapeutic Massage (Onsite) 🔴 🗮 🗮

A firm-pressure massage that focuses on specific areas of discomfort rather than the whole body.

• 50 minutes: \$115 | 80 minutes: \$170

#### Kripalu Footwork (Onsite) 🔴 🗮

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: \$105

#### Kripalu Master-Level Massage (Onsite) ● 業 業

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: \$210

#### Kripalu Acupressure (Onsite) 🛑 🎯

Restore the flow of energy with this unique treatment that addresses acute or chronic pain.

• 50 minutes: \$105 | 80 minutes: \$160

#### Positional Therapy (Onsite) 🔴 🍩

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: \$105 | 80 minutes: \$160

# Kripalu<sup>®</sup> HEALING ARTS

## Positional Therapy Specialist (Onsite & Virtual)

Sessions with one of our Positional Therapy Specialist

• 50 minutes: \$115 | 80 minutes: \$170

## ACUPUNCTURE

#### Acupuncture (Onsite)

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: \$120 | 80 minutes: \$185

## **ENERGY WORK**

#### Kripalu Energy Balancing (Onsite) 🛑 🍩

Promote deep relaxation through this Kripalucreated, polarity-inspired flow, which supports overall well-being by enabling your body to function more efficiently.

• 50 minutes: \$95 | 80 minutes: \$145

#### Reiki (Onsite) 🛑 🍩

Through a series of gentle hand placements, major systems of the body are given concentrated lifeforce energy, melting away tension, stress, and pain and enhancing the body's inherent power to heal. • 50 minutes: \$95 | 80 minutes: \$145

#### Integrated Energy Therapy (Onsite) 🛑 🍩

Your therapist combines specific hand positions with gentle acupressure to clear blocks that suppress energy and cellular memory. • 50 minutes: \$95 | 80 minutes: \$145

### Craniosacral Therapy (Onsite) 🛑 🍩

Your therapist's sensitive touch locates blocks in the craniosacral system and gently eases restrictions,



50 minutes: \$95 | 80 minutes: \$145

# Kripalu Master-level Energy Work (Onsite)

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, strengthen your energy field, and aid you in accessing your inner wisdom. • 110 minutes: \$210

## AYURVEDIC BODYWORK

#### Abhyanga (Onsite) 🛑

Long, flowing rhythmic strokes help restore balance and vitality, nourishing the body, relaxing the nervous system, and enhancing circulation. Garshana is a dry silk glove exfoliation which can be incorporated into the 80 minute Abhyanga.

50 minutes: \$115 | 80 minutes: \$175| w/ Garshana 80 minutes: \$190

#### Our Kripalu Signature Services:

Rooted in our methodology and developed by our own faculty. Through compassionate self-exploration and a mindful one-on-one approach, you can soften, relax, and tune in to your body's inner wisdom.

- Virtual Services Available: Our most popular metaphysical services and one-onone consultations are now available online. Experience personalized, private virtual sessions from the comfort of home.
- Please wear loose-fitting yoga clothes for these sessions.
- Essential Oil Blends: Add one of these therapeutic oil blends to enrich your massage experience: \$10
- Full-Spectrum CBD: Add CBD oil to enrich your massage experience: \$15

#### Vishesh (Onsite) 📒

A firm and flowing Ayurvedic massage treatment which supports the relief of muscular tension and fatigue, balances the nervous system, and enhances circulation.

• 50 minutes: \$120

## FACIALS

#### Dr. Hauschka Facial (Onsite) 📒

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: \$120

#### Ayurvedic Facial (Onsite) 🛑

Western science and ancient Ayurvedic wisdom unite to create a unique treatment that nourishes the skin, promotes harmony and balance.

60 minutes: \$120

## **CONSULTATIONS**

#### Ayurvedic Health Consultations (Onsite & Virtual)

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: \$110 | 80 minutes: \$160

#### Life Coaching (Onsite & Virtual) 🗕 🔵

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: \$105 | 80 minutes: \$155

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

## METAPHYSICAL

## Akashic Record Reading (Onsite & Virtual)

Gain deep insight, guidance, and direction into the nature of your soul. The Akashic Records contain all human events, thoughts, words, emotions, and possibilities existing in the past, present, or future—a database encoded on the etheric plane. By accessing the Akashic Records, you confirm that you have the power to make your own choices and create your own experience.

• 50 minutes: \$135| 80 minutes: \$200

#### Psychic Medium (Onsite & Virtual) 📒 🔵

Reach your fullest potential by manifesting your desires and releasing old patterns. Begin with a short meditation connecting you to spirit guides, angels, and/or loved ones on the other side. A psychic reading can help you with family and relationship issues, personal and professional goal setting, and more.

25 minutes: \$75 | 50 minutes: \$140

#### Soul Path Astrology (Onsite & Virtual) 📒 🛡

This powerful reading offers intuitive depth into your being, with a focus on the path your soul selected for this lifetime, along with the challenges and lessons it has chosen to learn. Please plan to provide your date, time, and place of birth for best accuracy.

• 25 minutes: \$60 | 50 minutes: \$100

#### Tarot Readings (Onsite & Virtual) 📒 🔵

Tarot readings use a system of archetypal cards to help you delve into the collective subconscious, reflect on possibilities and perspectives, and access your intuitive wisdom. This process can unlock deeper levels of self-awareness, creating a more holistic approach to navigating your personal journey and help in deciphering the questions you pose.

25 minutes: \$60 | 50 minutes: \$100

#### Healing Body Art (Onsite) 🗕

Embody your time here at Kripalu with a personal piece of body art. Your artist will co-create a design with you to serve as a deep reflection of this moment or to simply adorn yourself. Using all natural henna infused with Reiki, with proper care this temporary art can last 7-10 days.

25 minutes - \$65 |50 minutes \$125

Services are by appointment only. Book now by calling 888.738.1822 or by visiting  $\odot$ kripalu.org. Prices subject to change. Tuesday 4PM-8PM | Wednesday & Thursday 11AM-9PM | Friday & Saturday 10AM-8PM | Sunday 10AM-2:30PM

#### **Cancellation Policy**

Payment is taken at the time of booking and is fully refundable for rescheduling and cancellations up to 24 hours before your service. Rescheduling or canceling treatments within 24 hours will result in a 50% forfeiture fee. The remaining balance of the treatment price will be issued as a nonrefundable credit to your Kripalu account which will be held for one year from the date of issue. If you fail to show up for your treatment, the full charge will apply.

#### Sick Policy

If you need to reschedule or cancel your Healing Arts treatment within 24 hours due to illness resulting in rescheduling, canceling, or leaving your scheduled visit to Kripalu early, Healing Arts will waive the cancelation fee.

#### Note

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

Gratuities not included.

#### Healing Arts Current Safety Guidelines

For the health and safety of all, Healing Arts will continue to monitor and follow State and Federal guidelines and recommendations including socially mindful check in options.

- Guests may arrive up to 15 minutes before their service to check in with the reception desk. Guests will have the choice to wait in their prepared treatment room up to 10 minutes before their service start time rather than waiting in the reception area.
- Guests will not need to check out with reception after their service.
  - Gratuity can be handled in advance of treatment, handled directly with your practitioner or anytime by

visiting the Front Desk.

- Treatment rooms and touched surfaces will be cleaned and sanitized following each service.
- Each treatment room has windows for fresh air and/or AC during the warmer weather.
- Masks will be worn by all practitioners in the treatment rooms.
- Masks will be worn by all guests in treatment rooms except; when face down during treatment, while receiving massage on the face and during facial treatments.

\*No services for minors in 2021