

Kripalu®

Healing Arts

Integrate your
experience.

ASK ABOUT
OUR MOST
POPULAR
PACKAGES!

A powerful addition to any Kripalu program, a Healing Arts service can help you access deeper levels of relaxation and understanding, so the body can guide itself into healing.

KRIPALU BODYWORK AND FACIALS

Kripalu Meditative Massage

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

Specific Therapeutic Massage

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

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

Pregnancy Massage

Safe and effective massage practices for prenatal and postnatal care.

50 minutes: \$100 | 80 minutes: \$150

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 skilled practitioners.

105 minutes: \$210

Aromatherapy Massage

This gentle, 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: \$110 | 80 minutes: \$160

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 state of peace, calm, and balance.

90 minutes: \$190

Kripalu Footwork

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

Positional Therapy

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

Sessions with our Positional Therapy Specialist

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

Acupuncture

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

Kripalu Acupressure

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

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

Thai Massage

Your therapist guides you through a flowing sequence of yoga-based stretches, while applying rhythmic pressure along the energy pathways and points.

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

Dr. Hauschka Classic Facial

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 | 120 minutes: \$200


Ayurvedic Facial

Western science and ancient Ayurvedic wisdom unite to create a unique treatment that nourishes the skin and promotes harmony. For the ultimate treat, try our 120-minute Ayurvedic Facial, which includes a soothing foot treatment along with the 60-minute facial and closes with Shirodhara—a warm oil stream poured on the forehead that quiets the mind and balances your entire being.

60 minutes: \$120 | 120 minutes: \$200

 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

Services are by appointment only.
Prices subject to change.

888.738.1822

10:00 am–10:00 pm, Monday–Friday

9:00 am–10:00 pm, Saturday and Sunday

More Options 

ENERGY WORK

Kripalu Energy Balancing

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

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

Reiki

Through a series of gentle hand placements, major systems of the body are given concentrated life-force 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®

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


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

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 modalities that help clear and strengthen your energy field and aid you in accessing your inner wisdom.

110 minutes: \$210

 Please wear loose-fitting yoga clothes for these sessions.

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.

AYURVEDIC BODYWORK

Marma Balancing (light pressure)

Soothe and align the physical and subtle bodies with this gentle treatment that focuses on your energy points.

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

80 minutes with Shirodhara: \$195

Abhyanga (light to moderate)

Long, flowing rhythmic strokes help restore balance and vitality, nourishing the body, relaxing the nervous system, and enhancing circulation.

50 minutes: \$115 | 80 minutes: \$175

80 minutes with Garshana: \$190

80 minutes with Shirodhara: \$200

Vishesh (moderate to deep)

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

80 minutes with Garshana: \$190

80 minutes with Shirodhara: \$200

Shirodhara

This relaxing treatment uses warm oil poured in a gentle stream over the forehead, calming the nervous system. Shirodhara enhances circulation to the brain, nourishes the hair and scalp, and releases stress and tension.

45 minutes: \$115

Can be combined with Marma, Abhyanga, and Vishesh, and is included in our 120-minute Ayurvedic Facial.

Garshana (Dry Silk-Glove Treatment)

The exfoliation provided by this treatment increases circulation, promotes vitality, and improves lymphatic function.

Can only be combined with the 80-minute Abhyanga and Vishesh.

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:

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: \$110 | 80 minutes: \$160

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: \$105 | 80 minutes: \$155

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: \$115 | 80 minutes: \$175

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: \$105 | 80 minutes: \$155

Yoga Therapy

Work with a yoga therapist to tailor mind-body practices to meet and manage your specific needs. Yoga therapy promotes overall health and assists in reducing symptoms associated with common medical conditions.

50 minutes: \$120 | 80 minutes: \$200

- 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.