

HYPNOTHERAPY & COACHING

Neuro-spiritual coaching blending hypnosis, neuroscience nervous-system regulation, and practical strategy—so you align your subconscious with your vision and embody real-world results.

KARUNA COACHING EXPERIENCE

90 Mins \$255

A focused session blending gentle hypnosis, breath, and practical strategy to shift stress, habits, sleep, and focus.

In-person at Karuna or virtual worldwide.

THREE-MONTH PRIVATE MENTORSHIPS

Private enrollment after a 90-min Karuna Coaching Experience; limited openings.

Karuna Coaching Series — 3 Months

(by application only)

Weekly 90-minute sessions (12 total) blending hypnosis, breath, and coaching to deepen self-discovery and redesign habits—personalized micro-practices and aligned action with steady, calm support.

Embodied Mastery VIP — 3 Months

(by application only)

A true mastermind—an intimate, co-creative space where we harness your intuition and mine. With consistent access and deep weekly work, we reframe, rewire, and reimagine what's possible—emotionally, mentally, spiritually, and somatically.

Includes

- Weekly 2-hour intensives (deeper release + anchoring)
- 3-hour midpoint intensive for quantum hypnosis, past-life/ancestral healing, or breakthrough integration
- Direct access to Michelle (text/email) between sessions for real-time support
- Personalized tools: custom meditations, affirmations, and Inner Tides journal
- Priority booking + bespoke resources

Where your next evolution begins.

All coaching/hypnosis is non-medical and complements—not replaces—licensed healthcare.

THE HYPNOSPA DIFFERENCE

Outer healing begins in the nervous system.

Our signature HypnoSpa experiences weave gentle, neuroscience-informed hypnosis into premium bodywork and skincare so mind and body work together as a team. As your system settles, your mind and cells receive the same message: *release, repair, renew.*



HYPNOMASSAGE

75 Mins \$217

We start with a 30-minute intention check-in, then weave gentle, neuroscience-informed hypnosis into targeted therapeutic massage so mind and body work as one. As your system settles, your cells get the same cue—release, repair, renew. Leave softer, slower, and centered.



HYPNOFACIAL

75 Mins \$217

After a brief intention check-in, we weave gentle, neuroscience-informed hypnosis into advanced skincare, lymphatic sculpting, and red light therapy. As your nervous system downshifts, your cells get the same cue: repair, renew, glow. Expect a softer jaw, lifted tone, brighter eyes, and a quiet mind.



HYPNOWRAP

75 Mins \$267

Deep release, wrapped in warmth. After a brief intention check-in, a detoxifying, deeply nourishing body wrap pairs with gentle, neuroscience-informed hypnosis. As your body settles into calm, the mind-body connection helps you release tension and rejuvenate from the inside out. Leave lighter, hydrated, and visibly refreshed—with a quiet, centered ease that lingers.

Placebo research shows how mindset can shape the body's responses. The HypnoSpa Experience uses gentle hypnosis to calm your nervous system and invite meaningful change from within.

CLASSIC SPA SERVICES

Deep Tissue 60 Mins \$160

— Precise, therapeutic work to unwind chronic tension patterns.

Relaxation 60 Mins \$160

— Long, flowing strokes to soothe the nervous system.

Prenatal 60 Mins \$160

— Face-down or side-lying comfort that melts back/hip tension, opens your breath, and wraps you in calm—tailored to your stage.

Lymphatic Drainage 60 Mins \$160

— Feather-light technique to support natural detox and reduce puffiness.

Digital Wellness Escape 90 Mins \$245

—Upper-body relief for neck, jaw, shoulders, back, and arms—plus lower legs & feet—with warm foot/leg towels to boost circulation and melt screen strain.

Medical/Sports/Orthopedic 120 Mins \$300

Precision bodywork on problem areas using medium-to-deep pressure, trigger-point and rehab techniques to relieve pain, restore mobility, and speed tissue recovery (focused—not full-body).



Full Body Wrap 75 Mins \$247

— Gentle exfoliation, CBD-infused oil, and a warm cocoon ease muscles, hydrate skin, and boost circulation for detox and deep calm; upgrade with lymphatic massage or hypnosis.



Signature Facial 60 Mins \$160

— Customized cleanse, gentle exfoliation, and targeted serums + mask for refined pores, lifted tone, and a hydrated glow.



Reiki 60 Mins \$160

— Gentle, light-touch energy balancing to quiet the mind, unwind the body, and leave you calm, clear, and softly radiant.

Add-ons

Extra 30 Minutes \$75

Extra 60 Minutes \$150

Extra 90 Minutes \$220

Lymphatic Facial Massage \$75





Michelle Douglas is a clinical hypnotherapist, NLP practitioner, and mind-body coach with 18 years in the wellness industry. Founder of Karuna, she created The HypnoSpa Experience and the Inner Tides Method to blend neuroscience-informed hypnosis with premium care and energy healing.

Her intention: a safe, science-supported space where you remember you're not broken—so regulation becomes radiance and change feels gentle and lasting. As your coach, she will guide you back to remembering yourself—knowing you are whole and complete. From that grounded wholeness, you'll rewire patterns, align habits with your heart, and move forward with calm, clear action. Michelle is also the creator and host of the *Today's Intention: Begin Within* podcast.

Client (Text)imonials

"Days later, I still feel like I'm on a cloud!" — A.M., HypnoMassage

"It's amazing how you're teaching me to look at things differently."
— Y.P., Coaching + Hypnosis

Google Reviews ★★★★★

"I fall in love with this space all over again. I walk in and feel peace, relaxation, love—and happiness."
— G.T., Google review

"Such a wonderful relaxing experience! I felt so welcome and comfortable was such a treat to unwind here."
— G.M., Google review

Boutique Wellness Spa

HYPNOSIS + NEUROSCIENCE

=

REGULATE.

REPAIR. RENEW.



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Scan to book
your experience today!

KARUNA

The Hypnospa Experience™

Beauty begins in the
nervous system.

