



Empowering You To
Embrace Change

KARUNA
INTEGRATED WELLNESS & SPA







Michelle Douglas

Clinical Hypnotherapist
Massage Therapist
Esthetician



With a warm smile and a passion for holistic well-being, Michelle Douglas is not just the owner but the driving force behind Karuna Integrated Wellness & Spa. Her journey in wellness began almost two decades ago, fueled by a deep belief in the power of personal healing and rejuvenation. Michelle's expertise, garnered through extensive training in various wellness disciplines, reflects in the meticulously curated services at Karuna. Her vision is simple yet profound – to offer a sanctuary where mind, body, and spirit align, fostering a sense of harmony and balance.

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**The HypnoSpa
Experience**
The Future, Ahora!

THE HYPNO SPA EXPERIENCE

HypnoMassage 1hr/175

HypnoFacial 1hr/175

The HypnoSpa Experience is Karuna's innovating and holistic approach that integrates the transformative power of hypnosis with the blissful relaxation of spa treatments, creating a unique journey towards deep mental and physical rejuvenation.

HYPNOTHERAPY & COACHING

New Client Initial 1.5hr/235

Returning Client 1hr/145

Hypnosis Packages

(5) Sessions 625

(12) Sessions 1275

HYPNOPREGNANCY

Private Session 1.5hr/235

(3) Private Session Package 600

Wellness Memberships

ESSENTIAL HARMONY MEMBERSHIP - 99

Choose one monthly:

- Massage (1hr)
- Custom Facial (1hr)

Includes:

- Access to Himalayan Salt Garden
- Access to Glowing Cedar Room

ELEVATE & ENLIGHTEN MEMBERSHIP - 129

Choose one monthly:

- Massage (1hr)
- Custom Facial (1hr)
- Hypnosis Reinforcement Session (1hr)

Includes:

- Access to Himalayan Salt Garden
- Access to Glowing Cedar Room
- Facial Add-ons & Upgrades
- Pre-recorded Hypnosis

MASSAGE

Relaxation Massage 1hr/155

Therapeutic Deep Tissue 1hr/155

Lymphatic Drainage Massage 1hr/155

Prenatal Massage 1hr/155

Digital Wellness Escape 1.5hr/235

Medical, Sports & Orthopedic 2hr/285

BODY TREATMENTS & WRAPS

Firming 1.25hr/189

Detoxifying 1.25hr/189

Nourishing 1.25hr/189

Discover complete rejuvenation with Karuna's full body treatments, where each session offers firming, toning, hydrating, and detoxifying through a blend of dry brushing, exfoliation, and deeply nourishing oils. Leave feeling beautified and refreshed from head to toe, in an experience that's like a facial for your entire body.

SKINCARE

Custom Facial 1hr/135

FULL BODY WAXING

Underarm 22

Bikini 60

Brazilian 75

Half legs 55

Half arms 45

Full back 90

Chest 75

and more.

MIND & BODY RETREATS

Starting from 3 hours @ 375

At Karuna, we offer a variety of retreats, each customizable to suit your unique wellness journey. Choose from a range of services including therapeutic massages, personalized facials, transformative hypnosis sessions, and full-body treatments. Our aim is to create the perfect meditative space for you to reconnect with yourself, offering a sanctuary where your personal preferences shape your path to tranquility and rejuvenation.