

THE HYPNOSPA EXPERIENCE

Where relaxation leads to awakening.

Born from a passion for neuroscience, hypnosis, and holistic philosophy, The HypnoSpa Experience combines the science of the mind with the art of relaxation. This innovative approach is designed to foster self-love, build confidence, and strengthen resilience.

- Enhance self-love and inner peace
- Boost confidence and emotional balance
- Experience profound physical and mental rejuvenation

AT KARUNA, WE BELIEVE IN
EMPOWERING LIVES
THROUGH THE SCIENCE OF
THE MIND-BODY
CONNECTION.



The Future of Wellness, Reimagined.

KARUNA
INTEGRATED WELLNESS & SPA



617-398-7101



info@karunaintegratedwellness.com



www.karunaintegratedwellness.com



351B Centre St., Jamaica Plain MA

Scan to Book
Your HypnoSpa Experience Today!



THE HYPNOSPA EXPERIENCE

Our signature offering, The HypnoSpa Experience, combines neuroscience, hypnosis, and luxury spa treatments to relax the body, reprogram the mind, and empower self-love, confidence, and resilience.

HypnoMassage (75 min): \$195

Relax your body, reprogram your mind.

HypnoFacial (75 min): \$195

Radiant skin and mental clarity.

HypnoWrap (75 min): \$265

Detoxify, recharge, and refocus.



The placebo effect proves the mind's ability to influence physical outcomes. The HypnoSpa Experience taps into this connection through hypnosis, helping you relax deeply and awaken your potential for transformation.

SPA SERVICES

MASSAGE THERAPY

60 min, \$155

Deep Tissue, Relaxation, Prenatal, Lymphatic. Medical/Orthopedic 2hrs, 285

Add Extra 30 Minutes \$75

SKINCARE: SIGNATURE FACIAL

60 min, \$155

Add-ons: Extended Lymphatic Facial Massage, Dermaplaning, Guided Meditation, Reiki, Hand and Feet Treatment.

FULL BODY TREATMENTS

75 min, \$225

Therapeutic CBD Wrap

Full body pain relief with deep hydration.

Nourishing/Hydration Wrap

Replenish and rejuvenate dry, tired skin.

HYPNOSIS

LIFE/SPIRITUAL COACHING

First Session (90 min): \$245

Follow-Up Sessions (60 min): \$155

Packages

TRANSFORM PACKAGE

7 sessions for \$995

AWAKEN PACKAGE

12 sessions for \$1575

Through hypnosis and coaching, we guide you to overcome mental blocks, connect with your purpose, and transform your life with actionable strategies and subconscious shifts.

MEMBERSHIPS

Elevate Harmony Membership

Experience the ultimate in self-care and transformation with our exclusive monthly membership.

Membership Details:

\$135 per month

Choice of one 60-minute massage or facial per month. 20% off additional services