

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.

Where your next evolution begins.

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

THE HYPNOSPA DIFFERENCE

Outer & inner 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.*



HYPNOFACIAL

75 Mins \$275

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.



INNER WAVES · the Five Pillars journey

5 Sessions · \$1,137

A guided series of HypnoFacials — each a "wave" moving you through one inner foundation at a time: *Self Love · Self Worth · Confidence · Resilience · Compassion.* An arc that deepens with every visit.



HYPNOMASSAGE

75 Mins \$295

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.



HYPNOWRAP

75 Mins \$325

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.

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.

Medical/Sports/Orthopedic 120 Mins \$310

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).



Essential Facial 60 Mins \$160

— Customized cleanse, gentle exfoliation, targeted serums, and red light therapy for refined pores, lifted tone, and a hydrated glow.

Holistic Facial 75 Mins \$200

— Deeper cleanse, enzyme exfoliation, neck-shoulder-and-arm massage, targeted serums, and red light therapy for balanced tone, softened texture, and a calm, luminous finish.

Nervous System Facial 90 Mins \$250

— Extended cleanse, extractions, extended relaxing neck-shoulder-and-arm massage, targeted serums, red light therapy, and a guided meditation for deep relaxation, clarity, and restored glow.



Reiki 60 Mins \$160

— A guided journey through the body's energy centers eases you into stillness, followed by gentle, light-touch energy balancing—so the mind quiets, the body unwinds, and you leave calm, clear, and softly radiant.



Add-ons

Extra 30 Minutes \$75

Extra 60 Minutes \$155

Extra 90 Minutes \$230

Lymphatic Facial Massage \$75





Michelle Douglas is a Consulting Hypnotist (NGH), Licensed Esthetician, and Licensed Massage Therapist with nearly two decades in the wellness industry. Founder of Karuna, she created The HypnoSpa Experience and the Inner Tides Method—weaving hypnosis, premium skincare,

bodywork, and energy healing into one integrative practice, grounded in the science of how body and mind regulate together. Her work begins from a simple knowing: you are not broken. Whether you come for a treatment or deeper transformation, you're met as whole and complete—so your nervous system can settle, regulation becomes radiance, and change feels gentle, deep, and lasting.

THE HYPNOSPA™ Experience

Beauty begins in
the nervous system.

Google Reviews ★★★★★

“Some people are massage therapists and facialists. And then some people are healers. I went hoping for a nice session and walked out inspired.” — B.A., Google review

“I went for a facial but got so much more than that. Michelle exudes compassion, calm, joy and positive energy.” — N.A., Google review

“I did the HypnoMassage and can 100% feel a difference in my body. Loved the experience.” — M.M., Google review

“As a life coach, she helps you reflect, reset, and grow... guides you to clarity and aligned action. If you're seeking a healing journey rooted in connection, presence, and personal growth, I can't recommend Karuna highly enough.” — C.L., Google review

“Michelle is both incredibly skilled and deeply wise... I love the elegant, luxurious, and serene design of her spa. A treasure!” — L.T., Google review

[Read more reviews on Google!](#)

Scan to book
your experience today!



617-398-7101



karunaintegratedwellness.com



info@karunaintegratedwellness.com



351B Centre St.,
Jamaica Plain MA,
02130

KARUNA
INTEGRATED WELLNESS & SPA