

Why Get a Massage?

If you've never had a massage, then you're in for a treat. Massage provides therapy and healing on so many levels:

- Improves blood circulation
- Boosts immune system
- Mental clarity – Refocuses your energy
- Resets your muscles to a well-rested state
- Lotions with essential oils have healing properties



Hours

All sessions are by appointment only

Sunday	10 am – 5 pm
Monday	12 pm – 8 pm
Tuesday	4 pm – 8 pm
Wednesday	closed
Thursday	4 pm – 8 pm
Friday	3 pm – 8 pm
Saturday	10 am – 5 pm

Balanced Therapies Massage

2580 Rice Street
Roseville, MN 55113

Located in Edgewater Town Offices on Rice Street between Flameburger and Goodyear near the intersection of Rice Street and County Rd C West. We are in the lower level of the building.

Phone: 651.272.8638
Email: massage@balanced-therapy.com
Web: www.balanced-therapy.com

Connect with us! Visit our website for links to:



Balanced Therapies Massage

Health and Wellness Center



Heal with the power of touch

Who are we?

We are Balanced Therapies – A locally owned business that focuses on you and your healing, not your money. Each session consists of time for consultation and review, with full table time for the session that you choose. We offer full body treatments that include both relaxation and therapeutic techniques using only organic skin care products.

Your Massage Therapist

Professional Life

Chanda graduated with a certificate in Massage Therapy from Sister Rosalind Gefre's School and Clinics of Massage in 2005. Since then, she has worked in physical therapy clinics, chiropractic clinics, and a few spas around the Twin Cities. Her techniques come from many different sources including professional training, personal experience, and traveling across the globe. She is currently working on her NCETMB and a degree in Nutrition, Holistic Healing, and Personal Training.

Personal Life

Chanda takes pride in being a veteran of the United States Marine Corps. She spent her time in the Corps working in Communications and finished her civilian career as a Network Engineer. She recently left that field to pursue her goals and take care of her primary career as a mother.

FAQ Sheet

What forms of payment do you accept?

All major credit cards, cash, and Spafinder gift cards

Do I have to get fully naked?

You disrobe to your comfort level. We recommend taking everything off so we can have full workability on the legs and gluts. We drape and only uncover the areas that are being worked on at that time.

Will I be sore the next day?

Massage is about being comfortable and relaxed. We read your body to make sure we aren't applying too much pressure, but open communication is emphasized. The goal in massage is not to hurt you, but to make you feel better.

Do you take insurance?

Not at this time. We may consider it in the future.

Can I get a massage if I'm pregnant?

Absolutely! We encourage all expecting mothers to take care of their physical bodies so that they can grow a happy and healthy baby.

Will I leave extra "happy?"

Only in your heart, my friend. Only in your heart.



Prices and Services

STANDARD MASSAGE RATES

30 minutes	\$40
60 minutes	\$70
90 minutes	\$95
Prenatal (50 mins)	\$60

75 minutes Oil Only	\$80
- Avocado	
- Grapeseed	
- Hempseed	
- Jojoba	

ADD-ONS

Aromatherapy	Free
Deep Tissue	\$10
Reflexology	\$10

Interested in Packages and Savings?

Package (60)	Price	Savings
3 months	\$178.50	\$31.50
6 months	\$357	\$63
9 months	\$504	\$126
12 months	\$630	\$210

Package (90)	Price	Savings
3 months	\$242.25	\$42.75
6 months	\$484.50	\$85.50
9 months	\$684	\$171
12 months	\$855	\$285