



## A lasting experience awaits you

My mission was to create a healing environment where our clients could come and simply relax. Whether they use it as a transition from their stressful job or relief from pain; our clients know that they can walk in, enjoy a cup of tea and let all that melt away.

We want to make your experience at Circle Sage Healing and Massage Center a lasting one.

We are conveniently located in Burnsville, MN on the northeast corner of McAndrews Road and Nicollet Ave.

So please come and join us and maybe things will come full circle for you!

— Maureen Queau

*"The life of a man is a circle from childhood to childhood, and so it is in everything where power moves."*

— Black Elk

10 East McAndrews Road  
Burnsville, MN 55337  
www.circlesage.com



10 East McAndrews Road  
Burnsville, MN 55337  
Phone: (952) 435-3556  
Email: [info@circlesage.com](mailto:info@circlesage.com)  
[www.circlesage.com](http://www.circlesage.com)

# Massage Therapy

There are a variety of different reasons why our clients come to us, whether it be stress relief or pain relief it is important to us that you enjoy your experience at our center. Therefore, please consult with your Massage Therapist as to what style of massage works best for you. Massage therapy includes:

- **Relaxation Massage.** Let the stress of the day melt away with this style of massage. Allow your mind and body to be quiet for total nurturing.
- **Therapeutic Massage.** A personalized massage that focuses on specific areas to help reduce muscle tension and promote an increase of range of motion.
- **Deep Tissue Massage.** This style of massage helps with chronic muscular pain, injury rehabilitation, reduces inflammation pain caused by arthritis and tendonitis.
- **Stone Massage.** Hot stone massage is the ultimate in massage. Experience the deep relaxation attained by this technique.
- **Prenatal Massage.** Enjoy this overall massage that also focuses on the core areas that are effected by pregnancy such as neck tension, ankle and lower back stress.
- **Myofascial Release.** This massage is a very effective, hands-on technique that provides sustained pressure into myofascial restrictions to eliminate pain and restore motion.
- **Chair Massage.** On- and off-site appointments available.

# Alternative Treatments

In addition to massage, we offer a wide range of alternative treatments to provide a comprehensive approach in helping to relieve pain. Alternative treatments include:

- **Reflexology.** This technique involves using pressure on specific areas in the feet to stimulate self-healing and maintain balance in physical function.
- **Spa Reflexology.** A lavish treatment that includes a scrub and a deep moisturizing treatment along with the Reflexology treatment.
- **Reiki.** The therapist's hands are gently placed over the head, chest, abdomen and back, producing a calming and nurturing effect. Please wear loose, comfortable clothing.
- **Ion Foot Bath.** Foot bath treatment is a gentle and effective way to cleanse the body restoring energy and total body detoxification through the use of ionization.
- **Shirodhara.** Shirodhara is the technique of administering a stream of warm oil onto the "Third Eye" of the forehead, which helps to balance the mind, increase memory and help strengthen hair.
- **Jade Massage Table.** A fantastic treatment that uses far infrared light that penetrates, massages, soothes and promotes vertebrae alignment.
- **Far Infrared Sauna.** Boosts metabolism, improves blood circulation, burns calories, reduces body fat, enhances detoxification naturally, promotes relaxation and improve's one's mood.

# Body Treatments

Whether you are searching for an instant vitality boost or simply in need of some pampering indulgence, our luxurious body treatments offer the ultimate in relaxation and results. Body treatments include:

- **Thai Herbal Ball Treatment.** The herbal bundles are heated in a steamer and then applied along the meridians of the body in gentle pressing, circular and rolling movements.
- **Cranberry or Chocolate Body Scrub.** The scrub is gently massaged onto the skin, effectively exfoliating and leaving your body silky smooth. Next butter cream is then applied leaving you feeling energized and refreshed.
- **Nurturing Journey Packages.** These are combinations of our most popular massage and body treatments, wrapped together in a complete package for your own personal nurturing session. Visit our web site for a complete listing.
- **M'Lis Inch Loss Body Contour Wrap.** This Professional Contour Wrap may be used in two ways: for inch loss, or for detoxification and lymphatic cleansing. This amazing wrap does both for the body. The contour body wrap helps to free and remove trapped waste in the connective tissue, eliminating internal disfiguring deposits and stimulate inch loss. Wraps are often sold in a series of treatments to maximize inch loss and cleansing. The contour cream helps stimulate the lymphatic circulation while the plastic wrap acts as an acupressure to push the lymphatic fluid up into the thoracic valve, circulating the toxins back into the blood stream to get filtered out through the liver and the kidneys, promoting permanent inch loss.

*NOTE: We accept HSA (Health Savings Account) in payment for massage therapy services. We also provide massage therapy treatments to clients who have been injured in an auto accident. You provide the prescription from your chiropractor or medical provider and we submit all the claim forms on your behalf. In the event you do not have a provider, we can supply you with a list of names.*

To learn more about Circle Sage Healing and Massage Center, or to schedule an appointment, call (952) 435-3556, email [info@circlesage.com](mailto:info@circlesage.com), or visit [www.circlesage.com](http://www.circlesage.com). Make sure to check out our customized, online gift cards. Simply design your gift certificate, preview it, and then email or print it immediately. It's fast and easy!

# Massage Therapy

## RELAXATION MASSAGE

30 minutes / \$35 • 60 minutes / \$60 • 90 minutes / \$85

## THERAPEUTIC MASSAGE

30 minutes / \$35 • 60 minutes / \$60 • 90 minutes / \$85

## DEEP TISSUE MASSAGE

30 minutes / \$35 • 60 minutes / \$60 • 90 minutes / \$85

## STONE MASSAGE

30 minutes / \$35 • 60 minutes / \$60 • 90 minutes / \$85

## PRENATAL MASSAGE

30 minutes / \$35 • 60 minutes / \$60 • 90 minutes / \$85

## MYOFASCIAL RELEASE

30 minutes / \$35 • 60 minutes / \$60 • 90 minutes / \$85

## CHAIR MASSAGE

On- and off-site appointments available. Call for pricing.

*\* Prices subject to change without notice.*



10 East McAndrews Road  
Burnsville, MN 55337  
Phone: (952) 435-3556  
Email: [info@circlesage.com](mailto:info@circlesage.com)  
[www.circlesage.com](http://www.circlesage.com)

To schedule an appointment, call (952) 435-3556  
or email [info@circlesage.com](mailto:info@circlesage.com).

# *Alternative Body* Treatments

## REFLEXOLOGY

30 minutes / \$35 • 60 minutes / \$60

## SPA REFLEXOLOGY

30 minutes / \$40 • 60 minutes / \$65

## REIKI

30 minutes / \$35 • 60 minutes / \$55

## ION FOOT BATH

30 minutes / \$30 • Four Treatments / \$100

## SHIRODHARA

45 minutes / \$75

## JADE MASSAGE TABLE

30 minutes / \$30 • Four Treatments / \$100

## THAI HERBAL BALL TREATMENT

60 minutes / \$75

## CRANBERRY OR CHOCOLATE BODY SCRUB

60 minutes / \$65

## FAR INFRARED SAUNA

\$1 per minute. Available for purchase

## M'LIS INCH LOSS BODY CONTOUR WRAP

75 minutes / \$75 (no measurements taken)

90 minutes / \$90 (with measurements)

*\* Prices subject to change without notice.*