

# Tranquility...for you Massage Therapy

Why choose Tranquility...for you?  
Because it's all about you!

## Mission Statement

Through therapeutic and relaxation  
massage we are committed to the  
enhancement of physical and emotional  
support of each client.

We further commit our strongest effort  
toward helping our clients feel more  
comfortable in mind, body, and spirit.

Our commitment continues by assuring  
each client a professional massage using  
caring hands and sensitivity.

To these commitments we are fully and  
completely dedicated.

Tranquility...for you Massage Therapy  
1960 Cliff Lake Road, Ste. 124  
Eagan, MN 55122



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(651) 686-5671

[www.tranquilityforyou.net](http://www.tranquilityforyou.net)

Massage is known to reduce stress in today's busy world.

Treat yourself to an hour of relaxation at TFY in Eagan.

Tranquility...for you Massage Therapy offers:

- Deep Tissue Massage
- Reflexology
- Seated Chair Massage
- Sports Massage
- Swedish Massage
- Esalen Massage
- Myo-Fascial Release
- Pre & Post Natal Massage
- Qi Gong/Reiki



Sue Glover and Rebecca Gislason

Please contact us regarding your special massage therapy needs

## Tranquility...for you Massage Therapy

**Seated Chair Massage**                    **\$1/min**  
(30 minute maximum)

**Table Massage**                            **\$1/min**  
(30 – 120 minutes)

**Reflexology Massage**                    **\$45-\$95**  
(30-90 minutes)

**Ear Coning**                                    **\$50**  
(60 minutes)

**Home or Business Chair Massage**  
\$65/hour; therapist

**Home or Business Table Massage**  
\$1/minute + \$5 travel fee in the Eagan area  
Contact us for prices outside Eagan area

### Hours of Operation

Monday-Saturday                    9:00am to 9:00pm  
Sunday                                    By Appointment Only

### Taxes

All products and services will be subject to Minnesota state sales tax.

All prices subject to change without notice

Gift Certificates Available

We gladly accept Cash, Check, Visa,  
Discover, and MasterCard

What exactly are the benefits of receiving massage or bodywork treatments?

Useful for all of the conditions listed below and more, massage can:

- Increase energy
- Improve concentration
- Increase circulation
- Enhance sleep quality
- Alleviate low-back pain
- Improve range of motion
- Ease medication dependence
- Exercise and stretch weak, tight or atrophied muscles
- Improve the condition of the body's largest organ – the skin
- Lessen depression and anxiety
- Relieve migraine pain
- Reduce spasms and cramping

Furthermore, clients often report a sense of perspective and clarity after receiving a massage.