

Monthly Newsletter



Welcome

April showers bring May flowers, and here at Grace & Wellness we are excited to shower you all with exciting new offers and opportunities! Embrace the warmer weather with exciting Grace & Wellness parties, and so much more!

4/23 - New Grace & Wellness Phone Number Available! (952) 248-8866

The **RAREST** Grace & Wellness Discounts **COMING SOON!** **DON'T MISS OUT! MORE INFO BELOW**

Do You Need a Tattoo Removed? Grace & Wellness Removes Tattoos in Half the Average Time

MORE INFORMATION BELOW

Team Member Spotlight

MEET ISABELLE!

Hi, I'm Isabelle! Body contouring technician, and receptionist. I've always had a passion for movement and wellness, and I'm thrilled to bring that energy to this incredible team. As a receptionist, I find joy in creating a warm and welcoming experience for every client. Also, as a certified body contouring technician I absolutely love partnering with people to help them feel confident, refreshed, and most importantly, empowered in their own skin. Outside of Grace & Wellness, I value spending quality time with my husband, family, and friends. Faith and music are also a big part of my life- I enjoy singing, leading worship, and being involved in church community. These passions keep me grounded and inspire me to pour joy and care into everything I do.



Summer Dance Camps

Grace & Movement
Bringing the Arts Back to Christ

SUMMER 2026

Dance Camps for All Ages

PRINCE & PRINCESS CAMP
June 22-25 Tippy 2's - 11am-12pm
Ages 3-5 - 9-11am
Ages 6-8 - 12:15-2:15pm

ANIMAL KINGDOM CAMP
July 20-23 Tippy 2's - 3-4pm
Ages 3-5 - 4-6pm

UNDER THE SEA CAMP
July 20-23 Ages 6-12 - 6-8pm

BLUEY CAMP
August 10-13 Tippy 2s - 3-4pm
Ages 3-6 - 4-6pm

FROZEN CAMP
August 10-13 Ages 5-9 - 1-3pm

HIP HOP CAMP
July 20-23 Ages 6-10 - 2-3pm
Ages 11 & up - 1-2pm
Aug 10-13 Ages 6-10 - 6-7pm
Ages 11 & up - 7-8pm

PRE & PERFORMING ARTS CAMP
August 3-6 Ages 5-9 - 3-5pm
Ages 10 & up - 5-7pm

ADV./BEG. BALLET/LYRICAL CAMP
August 3-6 Ages 9 & up 7-8pm

MUSICAL THEATRE
August 10-13 Ages 8 & up 6-7pm

INFORMATION

- Each camp concludes with a special performance where dancers can show family what they have learned!
- Black tap shoes/light pink ballet shoes, leotard, tights (depending on class).
- Hip Hop can wear comfortable clothing.
- Cost: 2 hr camps - \$120, 1 hr camps - \$75
- Sign up at graceandmovement.com

612-494-6636 | info@graceandmovement.com | graceandmovement.com

GRACE & MOVEMENT IS EXCITED TO INTRODUCE THEIR SUMMER DANCE CAMPS!

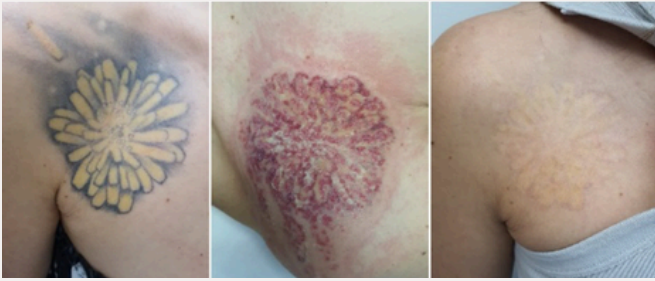
Perfect for dancers wanting to experience dance in a new, fun, themed manner!

These short camps are an immersive dance experience that concludes with a special performance where dancers can show off the dance they have mastered.

Available Camps for ages 2-12.

Sign up online at graceandmovement.com before spots get filled!

Still Wondering About Those Rare Grace & Wellness Discounts? Keep Reading!



Tattoo Gone - Half the Time

SHOCKWAVE. LASER. DONE.

Tattoo Photo Credits: Clinical Case Reports

Are you ready to say goodbye to your unwanted ink? Our latest technology and innovative tattoo removal service now includes Shockwave Therapy – a game-changing addition that significantly reduces the time it takes for your tattoo to break down!

Don't let your past hold you back any longer. Transform your skin and reclaim your confidence with our expert Tattoo Removal and cutting-edge Shockwave Therapy!

Upcoming Class

Come join the Oxidative Solutions Workshop at Grace & Wellness **this Saturday!**

Learn about how to keep your body health in relation to Oxidation.

Scan the QR Code to book, or RSVP online at graceandwellness.co - we'd love to know if you are coming!



Price:
\$50

Oxidative Solution Workshop



Come learn how to Oxidate Your Body for Restorative Health Support. 1 Hour Instruction with a 30 minute practice. Optional DIY Kit, Instructions, Dilution table for \$49

theuniversalantidote.com

Date & Time:
Saturday,
April 18, 2026
9-10:30 am



Scan To Book!

Learn the benefits of oxidation & practice what you learn in a guided session



📍 14551 Judicial Road, Suite #400
Burnsville, MN 55306
📞 612-494-6636
🌐 graceandwellness.co

Grace & Wellness
Wellness Center & Spa with a Purpose

Sip, Glow & Go

DEMO PARTY! OBSERVE SOME OF OUR FAVORITE SERVICES!

MAY 16TH, 2026 10:00AM TO 1:00PM

GRACE & WELLNESS

14551 JUDICIAL RD, STE 400
BURNSVILLE, MN
612-494-6636

- **FREE SERVICE DRAWINGS**
- **FREE WALK IN SERVICES:** BACK MASSAGES, MINI FACIALS, IONIC FOOT BATHS, NEUROGLIDE, TERAHERTZ WAND, LASER HAIR REMOVAL, HALO SALT THERAPY, CRYO FACE LIFT, VIELIGHT
- **20% OFF ALL PACKAGES**
- **EXTRA PACKAGES AND 2-FOR-1(S)**
- **LIP FLIPS (ONLY \$55!)**



Demo Party

THE RAREST GRACE & WELLNESS DISCOUNTS ALL IN ONE PLACE!

SAVE THE DATE!

Coming soon is Grace & Wellness' very own Sip, Glow & Go party. Get free exposure to all that we have to offer, and if you're lucky, get a free service as well!

Extremely discounted packages and services are being offered at this event.

Experience elegance in a fun environment!

Enjoy fresh beverages and charcuterie.

Book future services with confidence in results.

"I JUST WISH THAT GIRLS EVERYWHERE GET A CHANCE TO LIVE THE WAY THEY WERE MEANT TO – IN DIGNITY AND FREEDOM." - DEEPTI, HUMAN TRAFFICKING SURVIVOR FROM SOUTH ASIA

LEARN MORE ABOUT THESE SERVICES AND MISSIONS ON OUR WEBSITE, OR CONTACT US TO HEAR DIRECTLY

(612) 494-6636 | info@graceandwellness.co

GRACEANDWELLNESS.CO