

Old Favorite Gets New Look, New Management

In 2006 and 2007, Keep In Touch of Eagan won “Top Banana” recognition as “Favorite Place for Massage Therapy”, and customers have given it 5-star ratings on internet search sites. A local fixture at 3424 Denmark Avenue, just off Yankee Doodle Road, Keep In Touch of Eagan is celebrating an external facelift and the arrival of new owners Kelly Thompson, NCTMB and Jason Erickson, NCTMB.

Those driving past the Town Center Shoppes on Denmark Avenue (behind Rainbow Foods) have probably seen recent construction. The Town Center Shoppes are getting a new look, bringing it up to date with other local developments. “It’s going to look great,” states Chad Sandey, Property Manager for MFC Properties and Project Manager for the work. “We expect to have it done by early September.”



While the external work started in July, internal changes began with a change of ownership in April of this year. The new owners, Kelly Thompson and Jason Erickson, are nationally certified massage therapists with management backgrounds. Kelly closed her independent massage therapy practice and Jason left his position at Keep In Touch of Burnsville when they took over the Eagan location.

“We’re very excited to be here, to have such a great team of massage therapists capable of doing everything from relaxation to deep tissue massage,” says Jason. “We have a great clientele, and our goal is to continue providing the award-winning service we are already known for while expanding the menu of bodywork services available.”

“Every one of our therapists is excellent, and no two are exactly the same. We tailor each massage to your needs, so if you want special attention given to a painful area, we can do it.” Kelly emphasizes, “We want you to feel special, that the massage you received was perfect.

“Rather than do a bunch of different things like nails and hair, we only do massage, and we don’t hard sell monthly memberships. Keep In Touch of Eagan is a place to escape from daily stresses and find relief from discomfort. We want people to come in, enjoy the beautiful atmosphere, and relax. Our focus is on providing the very best massage and bodywork services available. We love what we do and it shows.”



Graduates of Northwestern Health Sciences University, Kelly and Jason were both recognized for academic performance and student leadership. They have also acquired advanced training in massage for cancer, fascia release, orthopedic assessment, pregnancy massage, and related topics. Jason is also a personal trainer and yoga instructor with specialized certifications in Circular Strength Training and Active Isolated Stretching. For the last two years, Kelly and Jason have volunteered their services at Grandma's Marathon, providing massage and stretching to help runners recover.

Keep In Touch of Eagan provides deep tissue, medical/therapeutic, and relaxation massages. Specialized services include pregnancy massage, reflexology, and sports massage, plus the recent additions of Active Isolated Stretching (AIS) and Corporate Chair Massage.

“AIS is an amazing therapeutic approach for improving sports performance, injury recovery, posture, and overcoming chronic “tight spots”, and it often helps reduce arthritis discomfort and swelling.” Jason smiles, “Lots of people also like that AIS sessions can be performed fully clothed, usually in athletic wear.”

Corporate Chair Massage is available to businesses that wish to provide chair massage to customers and/or employees at their place of business. “We are professionals, and our business clients love how we keep it simple for them. Setting up chair massage doesn't have to be stressful!” laughs Jason. “All of our clients say their employees love it and talk about it for weeks afterward.”

Keep In Touch of Eagan opened in 2003 and employs over 16 massage therapists. For appointments, call 651-452-0246. Walk-ins are accepted depending on therapist availability. Gift cards are available year-round.

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