



This co-op style wellness center houses independently owned small businesses offering self-care services to Prairie City and surrounding communities.

The center is owned and coordinated by Kirsten Weiland.



# PRAIRIE ESCAPE

*Wellness Center*

301 West Jefferson Street  
Prairie City, Iowa 50228

(515) 447-0948

 @prairieescapepc



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## hOMestead holistic yoga, LLC

Janna Hansen-Nolin is a certified yoga instructor and offers yoga classes. She is also available for special events and private classes by appointment. Schedule varies each month.

(515) 771-4010

 @homesteadholisticoyoga

## Shades of You by Lori

Lori Cummings is a licensed cosmetologist that offers haircuts and color services, waxing, and spray tanning.

(515) 249-1926

shadesofyoubylori@gmail.com

 @shadesofyoubylori

## Transcend Skin.Body.Soul, LLC

Keslea West is a licensed massage therapist, esthetician, and 3 Reiki and sound healing practitioner. She offers massage therapy, facials, waxing, Reiki and sound healing.

(641) 521-4040

transcendhealingarts@gmail.com


 @transcendskinbodsoul

## Myo Massage Therapy, LLC

Kirsten Weiland is a licensed massage therapist that offers massages including Swedish, sports, deep tissue, hot stone, and massage cupping services.

(515) 447-0948

myomtpc@gmail.com

 @myomtpc

## Tootsie's Pedi Salon

Kira Norman is a licensed cosmetologist and pedicurist that offers pedicures and both body and facial waxing.

(515) 447-8517

tootsiespedisalon@yahoo.com

 @tootsiespedisalon

## Vital Massage

Nicole Bandstra is a licensed massage therapist that specializes in deep tissue, therapeutic, and seashell massage.

(515) 249-2776

vitalmassagepc@gmail.com

 @vitalmassagepc