

BRIDGETOWN AND SOMERSET AT

*The Plantation*

10401 Dartington Drive | Fort Myers, FL 33913 | (239) 225-1480



## Spa Services at Somerset Hall

(The Spa Rooms are located in the gym hallway, just past the locker rooms.)

### Massage Therapist



I'm Jeannie Mekeel, licensed massage therapist, offering massage services at The Plantation Spa. All my sessions are customized to meet your specific needs.

### START OFF THE NEW YEAR RIGHT- ENJOY A MASSAGE!

If you made a New Year's resolution for better health, don't forget to include regular massage therapy visits along with exercise and diet. Whether you are trying to lose weight, working on chronic pain issues or just trying to achieve overall well being, regular massage needs to be part of your plan.

#### Therapeutic Massage:

- Reduces muscles soreness
- Maintains joint health
- Increases flexibility
- Reduces stress & fatigue
- Increases circulation
- Boosts your immune system

**HAPPY NEW YEAR!**

## Reservations By Appointment

Massages are offered Monday through Saturday by appointment and gift certificates are available.

To schedule your appointment please call 239-989-7771 or e-mail her at [ljeanniekeel@yahoo.com](mailto:ljeanniekeel@yahoo.com)



Reservations for massage services are available by appointment only.

"We highly recommend Jeannie Mekeel for her professional and very exceptional services. We think she is 'just what the Doctor orders' for deep tissue massages at our Hall or at our home every chance we get!"  
- Mr. and Mrs. Piazza,  
Plantation Residents.

## Relaxation/Swedish Massage

Light to medium firm pressure to relax and calm. Perfect to enhance circulation, melt away stress and relieve your senses.

**60 minutes \$60**  
**90 minutes \$75**



## Therapeutic/Deep Tissue

Combines a variety of firm strokes and deep tissue massage techniques directed toward specific areas of stress and imbalance.

**60 minutes \$65**  
**90 minutes \$80**



## Reflexology

There are reflex areas in the hands and feet which correspond to all glands, organs and parts of the body. Stimulating these reflexes properly can help many health problems in a natural way.

**30 minutes \$35**



## Foot Massage

Aimed at increasing circulation by lifting heaviness and achiness from the feet and lower legs, the foot massage combines various techniques to fully relax you.

**30 minutes \$30**



**January**



**Happy New Year!**

**Esthetician &  
Massage Therapist**



Hello! My name is **Mary Mitchell** and I am a licensed Esthetician and Massage Therapist. I am very excited to be able to offer spa services to the communities at The Plantation! Come to the Plantation Spa (located in the Somerset Recreation Center) to relax, decompress and be pampered. You have my personal guarantee of an enjoyable experience.

## **Skin Care & Massage Therapy**

**Monthly Special!  
European Facial with  
Collagen Mask  
\$65**

### **DERMALOGICA SKIN CARE TREATMENTS**

#### **European Facial - \$50 - 60 min.**

This facial is unique to each individual client. It is a step-by-step process which is designed to address your specific concerns. The Euro-facial includes a double cleansing, skin analysis, exfoliation, extractions (as needed) massage (face, neck and décolleté), personalized masque, toner and moisturizer. A relaxing hand and foot massage will also be performed while under the masque



#### **Anti-Aging Facial - \$60**

Are signs of aging becoming more prevalent on your skin? Give it a revitalizing power boost with this treatment. Designed to nourish, regenerate and energize skin! Fight Aging/Sun Damaged Skin

#### **Hydrating Facial - \$60**

Rehydrate and replenish dry, thirsty skin. This deeply penetrating moisture surge treatment lifts away dulling skin debris to reveal plump new cells and helps soften surface lines.

#### **Calming Facial - \$50**

Relief for sensitized skin that calms, smooths and replenishes the most aggravated, irritated, inflamed skin.

#### **Mini Facial - \$25 - 30 min.**

Cleansing, skin analysis, exfoliation, massage, toner and moisturizer

#### **Back Facial - \$60 - 50 min.**

Euro-facial performed on the back. Problem skin in hard to reach places.

### Spa Services Hours:

Monday-Saturday  
Mornings 8:00-11:00 am  
Afternoons 1:00-4:00 pm  
Evenings 5:00-7:00 pm  
Sunday 9:00 am-2:00 pm

You can contact Mary at  
[mitch11221@comcast.net](mailto:mitch11221@comcast.net)  
or (703) 929-1108 to  
schedule your appointment.

**Gift Certificates are  
also available.**



Reservations for  
esthetician or massage  
services  
are available by  
appointment only.

### Eye Rescue - \$15 - 20 min.

Revive tired eyes. Brighten, tighten and minimize puffiness and dark circles while smoothing visible lines.

### Hair Removal



Brows - \$10- \$15  
Lip - \$10  
Chin - \$10-\$15  
Underarms - \$15  
Back - \$50  
Full Leg - \$50  
Half Leg - \$30  
Full Leg and Bikini - \$60  
Bikini - \$20- \$30  
Forearm - \$20  
Full Arm - \$45

### Body Treatments



### Pure Fiji Sugar Scrub - \$50

Bring your body back to life with a full body exfoliation.

### Massage Therapy



### Swedish/ Deep Swedish- 60 min \$60

Light to medium Pressure  
Add stones to back for additional \$5

### Deep Tissue- 60 min \$65

Therapeutic massage which is helpful for chronic aches and pains.  
Add stones to back for additional \$5

### Hot Stone Massage- \$75

### Spa Packages

- Relaxing Massage with European Facial - \$110 - Approx. 2 hrs.
- Mini Relaxing Massage and Mini Facial - \$55 - 60 min.
- Sugar Scrub and Relaxing Massage - \$110 - 90 min.
- Massage Therapy Packages are also available: buy two massages get half off of the third!