

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.

### Reservations By Appointment

Massages are offered Monday through Saturday by appointment and gift

### Massage by Jeannie Mekeel

If you want to show your love on Valentine's Day, a massage for your special someone will make them feel wonderful!

A gift of massage has so many benefits. It decreases stress, improves your immune system, reduces muscle tension and increases blood circulation. But the best part is that massage stimulates the production of endorphins, dopamine and serotonin, chemicals that make you feel good.

### JEANNIE'S FEBRUARY SPECIAL



**RED HEART MASSAGE \$70**  
**60-minute massage catered to meet your relaxation needs includes:**  
**Hot towel foot rub**  
**Scalp Massage**  
**Aromatherapy**

certificates are available.  
To schedule your appointment  
please call  
239-989-7771 or  
e-  
[mailjeanniemekeel@yahoo.com](mailto:mailjeanniemekeel@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**



**February**



**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.

**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**

## **Skin Care & Massage Therapy By Mary Mitchell**

**Mary's Monthly Special:  
Sugar Scrub Body Treatment  
with Warm Stones for \$75**

### **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. Add collagen masque for additional \$10.

**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.

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  
Add aromatherapy 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  
Add Aromatherapy 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!