



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 certificates are available.

To schedule your appointment please call

239-989-7771 or

e-

mailjeanniemekeel@yahoo.com

Massage by Jeannie Mekeel



NEW!

MASSAGE AND ACTIVE ISOLATED STRETCHING "THE PERFECT COMBINATION"

This stretching massage treatment combines therapeutic massage techniques with Active Isolated Stretching, The Mattes Method. This specific method stretches and lengthens tight, constricted muscles to improve range of motion without causing trauma or tension. This combination treatment will help

- Lengthen muscle fibers that have contracted from lack of use or excessive use
- Restores flexibility to the muscles after injury
- Restore muscle balance
- Increase blood flow and improve circulation
- Increase overall flexibility
- Provides natural energy

No matter what activity you participate in, "The Perfect Combination" Treatment will enhance all aspects of your movement.



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.

Full Body Treatments	Hands and/or
Feet Treatment	
60 minutes \$70	30
minutes \$40	
90 minutes \$85	60
minutes \$55	
120 minutes \$100	

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



March



Happy St. Patrick's Day!

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)

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



Skin Care & Massage Therapy By Mary Mitchell

**Mary's Monthly Special:
Repechage Seaweed Facial
(for all skin types) \$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.

Add collagen masque for additional \$10



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

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 or (703) 929-1108 to schedule your appointment.

Gift Certificates are also available.



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

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.

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-\$60
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!

