



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 Only

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 jeanniemekeel@yahoo.com

STAY FIT THIS SUMMER WITH MASSAGE THERAPY



The warmer months are a great time to be outdoors and active. Here are three ways massage therapy can help you stay fit-both mentally and physically-this summer.

1. Stay in the game. Whether you're playing golf, tennis or participating in a softball league, massage can reduce muscle tension, improve exercise performance and prevent injuries.
2. Unwind. Summer is often busy, so take care of your mental health and wellness. Studies show that massage therapy can reduce stress significantly on physical and psychological levels.
3. Manage aches and pains. Is yard work bringing you down? Massage therapy can ease arthritis symptoms, reduce low back pain and help chronic neck pain.

NEW! "The Perfect Combination" Massage



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

**Full Body Treatments
Treatment**

Hands and/or Feet



"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.

60 minutes \$70
90 minutes \$85
120 minutes \$100

30 minutes \$40
60 minutes \$55

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



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



June



Happy Father'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) to relax, decompress and be pampered. You have my personal guarantee of an enjoyable experience.

Spa Service Hours:
Monday-Saturday
Mornings | 8 - 11 a.m.
Afternoons | 1 - 4 p.m.
Evenings | 5 - 7 p.m.
Sunday
9 a.m. - 2 p.m.

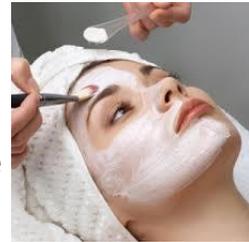
Skin Care & Massage Therapy By Mary Mitchell

**Mary's Monthly Special:
15% Off all Services**

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

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.

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.

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 | 30 min - \$30

Light to medium pressure

Add stones to back for additional \$5

Add aromatherapy for additional \$5



Deep Tissue

60 min - \$65 | 30 min - \$30

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. two 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!

