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About Poplar Creek Spa/Backgrounder

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Emily Simmons, owner of Poplar Creek Spa, started as an in-home masseur for years and has since grown the business into Ooltewah/Collegedale's first and only day spa. On July 20, 2012, Simmons bought the local Body Mechanics and has since transformed it into a rejuvenating hotspot for local residents.

The name of the spa came from the first location of the business, where blossoming poplar trees and winding creeks enriched the property. The name is in memory of the humble roots that have now flourished into a professional business.

The philosophy of the spa is to create an environment that promotes spiritual, mental, and physical health to clients. All of the products used have been created in-house with all-natural and organic ingredients. Most of the products have been customized and made specifically for the client the day of the appointment.

All massage therapists have been properly trained in designated area and have been licensed through the state of Tennessee and nationally certified. A combination of forty plus years of experience comes from the Poplar Creek staff in a variety of settings.

We are so grateful for the growth and support of Ooltewah/Collegedale and look forward to many years of serving our community.