

# Spa LaPosada

## *the menu*

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### *mcallen*



Uptown Plaza  
4500 N 10th St. Suite, 120



956.687.7544



Monday - Saturday  
10am - 7pm

### *harlingen*



Spa La Posada  
1205 East Tyler Ave



956.412.6363



Monday - Saturday  
10am - 6pm

## waxing

### **BROWS**

Brow Clean Up: \$15

Brow Tweezing: \$22

Brow Shaping: \$22

Brow Straightening: \$30

### **FACIAL WAX**

Underlip: \$8

Upperlip: \$10

Forehead: \$10

Chin: \$10

Upper Neck: \$12

Side Burns: \$15

Full Face: \$40

Ear + Nose: \$15

### **BODY WAX**

Underarm: \$25+

Arms (Half): \$35+

Arms (Full): \$45+

Legs (Half): \$45+

Legs (Full): \$75+

Bikini: \$35+

Brazilian (Women Only): \$65+

Derrière (Women Only): \$40+

Abdomen: \$35+

Lower Back: \$40+

Back: \$60+

### **MEN'S WAXING**

Arms (Half): \$45+

Arms (Full): \$65+

Legs (Half): \$55+

Legs (Full): \$85+

Back: \$70+

Chest: \$60+

Back + Chest: \$110+

## nails

### **MANICURE**

Unwind and let us cleanse, shape, buff, gently push back and cut cuticle (if necessary), and massage unpolished hands. And no matter what your mood, when it comes to polish color, we've got you covered.

30 minutes » \$25

# hair

## SALON

- Ladies Haircut: \$30+
- Princess Cut (10 & under): \$15+
- Haircut + Style: \$50+
- Shampoo + Style: \$35+
- Blowdry: \$25+
- Braids: \$15+

## COLOR

- Full Color: \$65+
- Color Retouch: \$45+
- Color Correction: By Consultation

## HIGHLIGHTS

- Partial: \$80+
- Full: \$100+
- Ombre: \$100+
- Sombre: \$100+
- Balayage: \$100+

# get glamorous

## MAKE UP

- Lesson Makeover: Free
- Eye + Lip Makeover: Free
- Camera Ready: \$50

## LASHES

- Lash Lift: \$30
- Full Strip Lash Application: \$10
- Individual Half Lash Application: \$15
- Individual Full Lash Application: \$30

\*Lashes Sold Separately

## SALON

- Special Event: \$35+
- Flat Iron: \$20+
- Curls: \$20+
- Extensions:
- Sewn in per track: \$30+
- Bonded: \$100/hr

## TINT

- Lash Tint: \$30
- Brow Tint: \$10
- Lash + Brow Tint: \$35

## TREATMENTS

CERTIFIED PLATINUM SALON FOR BRAZILIAN BLOWOUT

- Brazilian Blowout: \$300+
- Brazilian Blowout Split End: \$60+
- Brazilian Blowout Split End: \$25+ (with Qualifying Hair Service)

## BRIDAL / QUINCEANERA

- Bridal Trial Run Up-Dos: \$65/hr
- Bridal Trial Run Makeover: \$75
- Bridal/Quince Up-Dos: \$75+
- Bridal Makeover: \$75
- Bridal Party Hair: \$50+
- Bridal Party Make Up: \$50

\*All Salon Services Available in McAllen Location Only

nails . . . . .

## **SHELLAC MANICURE**

Similar to the manicure listed above but we use the shellac system that delivers 14+ day flawless wear, superior color and mirror shine with zero dry-time.

40 minutes » \$35

## **SHELLAC REMOVAL**

This service can be booked as a stand alone or prior to any manicure. The \$15 fee is waived when receiving another manicure of your choice, but the service will still need to be booked to allow the time for removal.

20 minutes » \$15

## **SPA MANICURE**

An ultra-hydrating manicure that includes a complimentary seasonal beverage. The soak, scrub, lotion, and mask change with the season. It begins with a sanitizing soak and we then cleanse, shape, buff, and gently push back and cut cuticle (if necessary). Next, your skin is exfoliated with a sugar scrub followed by a massage, hydrating mask, warm paraffin and a polish color of your choice.

40 minutes » \$45

## **PRINCESS MANICURE (12 & UNDER)**

What every little princess wants. It includes nail shaping, buff, and polish of her choice.

25 minutes » \$10

## **PEDICURE**

Recline, relax, and let us begin by soaking and cleansing your feet. We then shape, buff, gently push back and cut cuticle (if necessary), and massage unpolished feet. Finally, your toes are beautifully polished.

40 minutes » \$40

## **SPA PEDICURE**

Just like a spa mani, but a treat for your feet!

55 minutes » \$55

*nails* . . . . .

**PRINCESS PEDICURE (12 & UNDER)**

What every little princess wants. It includes nail shaping, buff, and polish of her choice.  
25 minutes » \$25

**MEN'S SERVICES**

Executive Manicure: \$20

Executive Pedicure: \$35

**ADD-ONS**

French Polish: \$7

Nail Art: \$2+

Polish Change: \$10

Paraffin Treatment: A compliment to any service, providing heat therapy, deep hydration and joint pain relief for hands and feet. 15 minutes » \$10

*microdermabrasion* . . . . .

This results-driven treatment is one of the easiest and most effective anti-aging treatments you can get. It is a painless, noninvasive, skin-rejuvenation procedure using a combination of tiny crystals and vacuum suction applied to the skin. Its benefits are many: it softens fine lines and wrinkles, helps to smooth coarsely textured skin, decreases the appearance of scarring, decreases pore size, and reduces superficial hyper-pigmentation, also known as age spots. It also makes it easier for high-tech skin care products to penetrate into the deeper layers of the skin and help build collagen, which gives skin its youthful appearance and provides you with instant gratification and an immediate, noticeable effect. Typically purchased as a series for best results, but one session will provide fantastic results.

Face + Neck » \$100

Face + Neck Series of 6 » \$500

Deluxe Microdermabrasion Facial » \$165

\*Do not get microdermabrasion if you have extremely sensitive skin, diabetes, vascular conditions like rosacea, skin inflammation, bacterial infections, lack of tactile sensation, keloid scarring, cuts and abrasions, or have gotten Botox within 72 hours. Other contraindications to microdermabrasion include sunburn, viral infections like herpes simplex, and acne.

## *massages* . . . . .

### **SWEDISH RELAXATION MASSAGE**

A relaxing massage with gentle, flowing movements utilizing long, comforting strokes to provide relaxation, improve circulation, ease muscular tension, and stimulate lymphatic flow to flush out toxins. You will leave in a blissful state of mind.

50 minutes » \$80 • 80 minutes » \$115 • 110 minutes » \$150

### **DEEP TISSUE MASSAGE**

Experience increased circulation to enhanced muscle function and elasticity. A blend of techniques relieves areas of tensions or chronic pain and restores flexibility and alignment in muscles and bones. This intense indulgence focuses on the deeper layer of muscle tissue to release the chronic patterns of tension in the body.

50 minutes » \$90 • 80 minutes » \$130 • 110 minutes » \$170

### **HOT STONE MASSAGE**

Stiffness and soreness slowly melt away as warm stones are glided along the body. This supremely relaxing massage harnesses the restorative power of thermotherapy-the direct application of warm stones and hands to thoroughly penetrate muscles. The result is a deep, intense massage that eases discomfort and promotes a holistic sense of well-being.

50 minutes » \$110 • 80 minutes » \$160 • 110 minutes » \$190

### **BAMBOO BLISS**

A relaxing massage using a warm bamboo roll along with Swedish massage techniques. A specially crafted bamboo roll, warmed and infused with aromatherapy, works on various parts of your body, sliding, rolling, kneading and creating a fruitful friction. Because the roll can cover a large area of your body at one time, it's great for trouble spots like your neck, shoulder, back or legs.

50 minutes » \$110 • 80 minutes » \$160 • 110 minutes » \$190

### **MODERN MOM (PRENATAL MASSAGE)**

Take care of your baby by indulging yourself! This massage is designed to pamper moms-to-be by easing areas of stress, strain and fluid retention. Soothing strokes, special pillows, and bolsters make this a safe and soothing experience.

\*Must be past their first trimester.

50 minutes » \$90 • 80 minutes » \$130

## **NECK + SHOULDER TENSION RELIEF MASSAGE**

Concentrated on the neck, shoulders and back, this upper body massage uses a variety of massage techniques to provide and immediate release of muscle tension.

25 minutes » \$50

## **BEST FOOT FORWARD MASSAGE**

A soothing foot massage that will not only make your feet feel great, but the focus on pressure points will target areas throughout your body. It includes a foot soak and will help eliminate fatigue, help poor circulation, and put the spring back in your step.

25 minutes » \$40

## **PERFECT BALANCE**

A relaxing scalp, hand, and foot massage. First, you'll enjoy a foot massage, followed by a hand and forearm massage that uses acupressure to send relief throughout your body. Then, enjoy a stress relieving scalp massage with an aromatherapy oil that finishes a treatment that's great for improved balance, circulation and relaxation.

25 minutes » \$50

*massage upgrades* . . . . .

## **EXTRA MASSAGE**

An extra 15 minutes of massage custom-targeted to what you need most.

15 minutes » \$20

## **FOOT MASSAGE**

Moisturizing compounds and an invigorating massage focusing on your feet eliminate fatigue and put the spring back in your step.

15 minutes » \$20

## **SCALP MASSAGE**

Additional 15 minutes focused on increasing blood flow to the scalp. No oil or lotion.

15 minutes » \$20

**Come often? Ask us about our massage series pricing!**

## *body treatments* . . . . .

### **SEASONAL POLISH + STEAM + MASSAGE**

Body brushing opens your pores before the skin is polished with a blend of a delicious seasonal sugar scrub featuring incredible blends of fruits, delightful spices and flowers of the season followed by a rinse. Next, toxins are evaporated away with 20 minutes under the steam canopy while receiving a scalp and facial massage. The steam opens the pores to detoxify the lymph system. A 50-minute massage with a nourishing aromatherapy lotion that helps repair dry and damaged skin completes the relaxing treatment.

100 minutes » \$175

### **AROMATHERAPY SEASONAL SUGAR GLOW**

Revive your skin with a yummy seasonal sugar scrub followed by a warm rinse. The treatment ends with an application of a luxurious lotion made with a unique balance of vitamins, nutrients and essential oils that delivers intense hydration and relaxation.

50 minutes » \$70

### **HYDRATING BODY COCOON**

Indulge in a 50-minute Swedish massage with our aromatherapy lotion. Next, luxuriate in a warm wrap with a sumptuous seasonal whipped soufflé mask blended with essential oils, antioxidants, and skin regenerating ingredients to balance, soften and brighten skin. As it hydrates your skin while you are swathed in warm blankets, a scalp massage lightens your heavy head and drainage movements help unblock your sinuses and ease your headaches leaving you relaxed with baby-soft skin.

75 minutes » \$140

### **DETOX STEAM + MASSAGE**

This treatment starts with a stimulating body brushing, followed by a 50-minute Swedish Relaxation massage with detox massage oil. Toxins are evaporated away with 20 minutes under the steam canopy while receiving a scalp massage. This treat assists the body in cleansing and detoxifying and improves the immune system and opens the pores to detoxify the lymph system.

90 minutes » \$160



## **SLIMMING GREEN COFFEE WRAP**

This results-oriented treatment slims and tones your body with a cutting-edge cellulite treatment that stimulates your body's ability to break down fat, increase metabolism, and eliminate water retention. This process is performed on the glutes, thighs, abdomen or any area of concern. We recommend this for immediate inch loss and water weight loss. Pure 100% Micronized Green Coffee smoothes and enhances skin texture, visibly reducing spongy, dimply, cellulitic areas. This treatment includes 20 minutes with the steam canopy while you receive a relaxing scalp and facial massage.

45 minutes » \$145

*facials* . . . . .

## **ULTIMATE SPA FACIAL**

Everyone's favorite! This treatment begins with a stimulating lymphatic massage cleansing of the face. It includes extractions, toning, and a mask. While your skin is rehydrated with a mask chosen for your skin type, your neck and shoulders will be massaged and your hands will be treated to a paraffin treatment leaving you completely relaxed with glowing, healthy skin that will be the envy of all of your friends.

50 minutes » \$85

## **CLARIFYING ACNE FACIAL**

When acne strikes, this powerful treatment helps clear up breakouts and prevents new ones from forming. It gently, but effectively clears clogged pores with Salicylic Acid. Say bye-bye to breakouts with products that are tough on acne, not on your skin. A Kaolin Clay mask draws out impurities and minimizes the appearance of pores. Leaves skin brighter, refined and radiant for a healthy-looking appearance.

50 minutes » \$85

## **ROSACEA/SENSITIVE HEALING FACIAL**

This gentle treatment has healing ingredients such as licorice, chamomile, green tea, and French rose to soothe, hydrate, and reduce blotchiness or irritation. Steam, exfoliation and warm towels are omitted for such delicate of skin. Specially selected ingredients are layered over the skin and "sealed-in" at the end by means of an advanced lift-off bi-thermal mask.

50 minutes » \$95

## facials . . . . .

### **PICK-ME-UP FACIAL**

A refreshing and quick facial that revives and nourishes your face, neck, and décolleté. A quick pick-me-up facial that steams with warm towels, cleanses, tones, exfoliates and moisturizes your skin. You'll feel fresh, clean, relaxed and radiant in half an hour. There are no extractions, making this ideal for an instant glow before a special occasion (or after a fun night)!

30 minutes » \$55

### **BACK FACIAL**

The treatment begins with an extensive deep pore cleansing. Warm towels are used prior to gently extracting blackheads. Next, a toner gently exfoliates skin to refine skin's texture before a clay mask draws out impurities and minimizes the appearance of pores. A moisturizer that's tough on acne and helps clear up blemishes and helps prevent new ones from forming provides essential hydration without leaving an oily residue.

50 minutes » \$85

### **PRINCESS FACIAL (12 AND UNDER)**

Little girls love to be pampered! This sweet facial includes a gentle cleansing of the face and a moisturizing mask with a paraffin hand treatment.

30 minutes » \$20

## facial upgrades . . . . .

### **EYE TREATMENT**

Protect your eyes against premature aging, smoothing wrinkles, and combating skin slackening.

30 minutes » \$25

### **ADDITIONAL EXTRACTIONS**

Extra 15 minutes of extractions for deep cleaning

15 minutes » \$20

### **PUMPKIN PEEL**

This powerful peel contains a 30% Fruit Acid Complex that helps resurface the outer

layers of skin. It's highly effective in unclogging pores, removing dead skin cells and revealing younger-looking skin with improved skin tone, luminosity and radiance. It has an amazing aroma like freshly baked pumpkin bread that just popped out of the oven that delivers the most wonderful sensory experience ever too!

50 minutes » \$90

## *microneedling* . . . . .

Micro-needling infusion therapy is an advanced aesthetic treatment used to target many skin concerns including fine lines and wrinkles, sun damage, brown spots and pigmentation, open pores, congested skin, mild acne scarring, and dry and dehydrated skin. A roller that contains 180 superfine needles stimulates collagen production and cell renewal, and helps plump, firm and smooth the skin. As the roller creates the micro channels in your skin, the system simultaneously enables the infusion of a potent serum to boost the impact of the needling treatment. This effectively leaves your skin with a glowing complexion and instant results; you can apply mineral makeup immediately, and then sit back and see your skin improve daily.

### **MICRONEEDLING**

30 minutes » \$200

### **DELUXE MICRONEEDLING TREATMENT**

Deluxe DermaFrac micro-needling treatment includes crystal free microdermabrasion, micro-needling with serum infusion and light therapy.

90 minutes » \$345

Series of 3 » \$900

Series of 6 » \$1,650

### **LED LIGHT THERAPY**

Light Emitting Diode (LED) phototherapy is known for its healing and anti-inflammatory properties. Phototherapy can: increase circulation, accelerate tissue repair, kill acne bacteria, decrease inflammation, improve skin tone, texture and clarity, ease muscle and joint pain, stiffness, spasm and arthritis.

30 minutes » \$45

Add on treatment for facial or massage » \$25

10-minute add on for facial waxing » \$10

## *microblading* . . . . .

Microblading is a form of semi permanent makeup that creates natural, beautiful eyebrows with a handheld microblade. It's perfect for people who have over-tweezed or those who want to define, darken, or reshape their eyebrows. Technically, microblading is a form of eyebrow tattooing; unlike traditional tattooing, which uses a machine, microblading artists apply each hairstroke with a handheld microblade. This produces a very fine line that resembles real hair. Each individual hairstroke is hand drawn by the artist and blended in with the client's existing eyebrow hair to create gorgeous and lifelike results. \*McAllen Location Only

\$700+ » Additional service information can be found on our website.

## *it's party time* . . . . .

Contact the Spa La Posada location nearest you to inquire about hosting your next special event. Whether you are meeting a group of friends for a day of relaxation, or planning your next corporate outing, Spa La Posada can accomodate groups of two or more! Prices vary by time and date. Call your nearest location to get a quote.

## *packages* . . . . .

We offer seasonal, bridal, and year round spa packages. Can't find what you're looking for? We will customize a spa package just for you! Call your nearest location to get a quote, or view our packages online!

Prices are subject to change.

**STALK US! WE DON'T MIND!**



# *book online*

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