



SERVICES MENU

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 » \$85 | 80 minutes » \$120 | 110 minutes » \$155

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 » \$95 | 80 minutes » \$135 | 110 minutes » \$175

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 » \$115 | 80 minutes » \$165 | 110 minutes » \$195

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 » \$115 | 80 minutes » \$165 | 110 minutes » \$195

PRENATAL (MOM-TO-BE) 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 » \$95 | 80 minutes » \$135

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 » \$55

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 » \$55

PERFECT BALANCE MASSAGE

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 » \$55

STRESS MELT AWAY MASSAGE

Stress melt away massage is designed to help you relieve stress and tension. it includes an aromatherapy massage of the scalp, face, neck and arms. you'll leave feeling calm and relaxed.

25 minutes » \$55

Come often? We offer mutlti-session discounts

MULTI-SESSION DISCOUNT

(Series of Massages)

Hot Stone Massage 50min of 3 » \$290

Therapeutic Massage 50min of 3 » \$254

Therapeutic Massage 80min of 3 » \$315

Swedish Relaxation Massage 50min of 3 » \$225

Swedish Relaxation Massage 50min of 5 » \$325

Swedish Relaxation Massage 80min of 3 » \$300

Swedish Relaxation Massage 80min of 5 » \$475

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

AROMA BOOST

Take your massage to new levels of serenity using aromatherapy oils (different scents available for your specific needs)

\$10

THERAPEUTIC OIL MUSCLE BOOST

Address your sore-spots with a botanically-infused treatment.

\$30

4D Zero Gravity Chairs

4D ZERO GRAVITY CHAIRS

Our 4D Zero Gravity massage chair soothes your body and transports your mind to a comfortable and peaceful place. Relax and unwind without having to worry about disrobing or mussing up your hair and makeup.

15 minutes » \$20 | 30 minutes » \$35 | 45 minutes » \$49 | 60 minutes » \$59

MULTI-SESSION DISCOUNT

(4D Zero Gravity Chairs)

15MIN. OF 6 » \$100

30MIN. OF 6 » \$175

45MIN. OF 6 » \$245

60MIN. OF 6 » \$295

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 » \$180

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 » \$75

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 » \$145

DETOX STEAM + MASSAGE

This treatment starts with a stimulating body brushing, followed by a 50-minute Swedish Relaxation . 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 » \$165

SLIMMING 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. This treatment smoothes and enhances skin texture, visibly reducing spongy, dimply, cellulitic areas and includes 20 minutes with the steam canopy while you receive a relaxing scalp and facial massage.

90 minutes » \$150

Infrared Sauna

INFRARED SAUNA

Infrared light therapy offers many stand-alone health benefits and pairs well with a variety of our services. Sweating is the body's natural way to heal and stay healthy. Infrared sauna therapy is beneficial for natural healing and prevention because of its ability to penetrate human tissue resulting in a deep, detoxifying sweat. It is known to assist with sleep, detoxification, immunity, heart health, muscle recovery, weight management, anti-aging and relaxation. Many sauna users experience relief from conditions such as fibromyalgia, arthritis, and neck and back pain because it warms and relaxes joints and muscle tissue. Infrared heat is completely safe and healthy for all living things. It is the same heat used in hospitals to warm premature babies. SoloCarbon® heating technology is the most proven, effective infrared heater on the market, giving you all three infrared wavelengths (near, mid and far), plus red light, in the exact mix you need for specific health benefits.

30 minutes » \$35

45 minutes » \$45

30 minutes couples session » \$35

45 minutes couples session » \$45

Book Online

www.spalaposada.com

Come often? We offer mutlti-session discounts

MULTI-SESSION DISCOUNT

(Infrared Sauna Sessions)

30min of 6 » \$175

45min of 6 » \$225

30min of 6 (Couple) » \$200

45min of 6 (Couple) » \$250

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 » \$90

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 » \$90

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

SMOOTH + FIRM FACIAL

Our most hydrating and youth boosting facial helps improve skin tone & texture while restoring natural moisture and firmness. It includes double cleansing, toning, extractions, and an innovative modeling mask that restores natural moisture with hyaluronic acid, vitamins, and proteins. You'll relax with a neck, shoulder, and scalp massage while your hands receive a warm paraffin treatment.

75 minutes » \$120

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 » \$60

GENTLEMAN'S FACIAL

Relax in our treatment room while you are pampered with hot towels, exfoliating scrubs, rejuvenating lotions, and facial massages (includes extractions). Our facial cleansers, scrubs, toners, moisturizers, and masks are specifically tailored to your skin type.

45 minutes » \$70

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 » \$90

PRINCESS FACIAL (10 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 » \$35

Facial Enhancements

ADDITIONAL EXTRACTIONS

Extra 15 minutes of extractions for deep cleaning

15 minutes » \$20

LED LIGHT THERAPY

Add on treatment after your facial.

30 minutes » \$25

Hydrofacials

SIGNATURE HYDRAFACIAL

This treatment deeply cleanses, exfoliates, extracts, and hydrates the skin utilizing super serums filled with antioxidants, peptides and hyaluronic acid.

30 minutes » \$175

DELUXE HYDRAFACIAL

An invigorating treatment that includes all of the essentials of the Signature HydraFacial while addressing your specific skin concern with a Booster of your choice. This treatment concludes with LED Light Therapy to further reduce the visible signs of aging. Select a treatment option below:

AGE REFINEMENT reduce the appearance of fine lines and wrinkles.

RADIANCE minimize the appearance of dark spots.

CLARIFYING includes Extended Extractions & Blue LED Light Therapy.

J.LO BEAUTY brightens, tightens, and hydrates skin's appearance
45 minutes » \$250

PLATINUM HYDRAFACIAL

The ultimate HydraFacial experience! Begin the detoxification process with Lymphatic Drainage. Then, the Signature HydraFacial deeply cleanses, exfoliates, extracts and hydrates the skin while addressing your specific skin concern with a Booster of your choice. This treatment concludes with LED Light Therapy to further reduce the visible signs of aging.

60 minutes » \$275

Hydrofacial Enhancements

LYMPHATIC THERAPY

Removes toxic buildup to reveal healthy looking skin, helps detoxify the skin, decreases inflammation, and removes unwanted buildup.

FACE - 30 minutes » \$50

BODY (ONE AREA) 45 minutes » \$100

LIP PERK

Personalize your Hydrofacial Experience with Hydrofacial Perk Lip. A refreshing treatment that exfoliates, hydrates, and plumps your lips.

10 minutes » \$30

EYE PERK

Personalize your Hydrofacial Experience with Hydrofacial Perk Eye. The fast, refreshing way to hydrate and brighten your eyes.

10 minutes » \$40

HYDRAFACIAL LED ADD-ON

Targets and disrupts acne bacteria, improves the appearance of oily and congested skin. Provides an excellent finishing touch to the HydraFacial treatment

5 minutes » \$25

Microdermabrasion

This anti-aging treatment uses crystals and suction to reduce wrinkles, scars, and age spots. It also helps creams penetrate deeper layers of skin. You can see results after just one session.

Face + Neck 45 minutes » \$100

Series of 6 » \$500

Microdermabrasion Deluxe Facial

Indulge in our ultimate facial rejuvenation with noticeable results. This service begins with our Ultimate Spa Facial which cleanses, extracts, tones, and masks, while pampering your skin and senses. It includes a neck, shoulder, and paraffin hand treatment that melts away stress. Then microdermabrasion gently buffs away dullness, revealing a smoother, brighter you. This service minimizes fine lines, scarring, and pores, while promoting collagen production. You'll see noticeable results, even after one session.

80 minutes » \$165

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.

Micro-needling 30 minutes » \$200

Deluxe Micro-needling treatment

Includes crystal free microdermabrasion along with micro-needling with serum infusion and light therapy. 90 minutes » \$295

Series of 3 Deluxe treatments \$755

Series of 6 Deluxe treatments \$1,415

Dermaplaning

Dermaplaning gently buffs away dead skin and vellus hair with a non-invasive scalpel technique, revealing smoother, brighter skin. This treatment enhances product absorption and makeup application, leaving you glowing! While ideal for many, avoid dermaplaning if you have active acne, rosacea, psoriasis, or eczema to prevent irritation.

45 minutes » \$80

Manis + Pedis

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 » \$32

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 » \$42

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.

15 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 » \$50

NAIL DIPPING

For those who want a layer of added security, our standard manicure topped with a layer of clear dip powder and your choice of long wear, chip resistant shellac polish. Nail dipping is a healthier and more natural feeling option than traditional acrylic and artificial nail enhancements.

80 minutes » \$65

PRINCESS MANICURE (10 & UNDER)

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

(Polish is not a shellac or gel polish, however our polish is a vinyl based polish and lasts just as long as a shellac/gel polish)

25 minutes » \$18

MEN'S EXECUTIVE MANICURE

Unwind and let us cleanse, shape, buff, gently push back and cut cuticle (if necessary), and massage unpolished hands.

40 minutes » \$25

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.

(Polish is not a shellac or gel polish, however our polish is a vinyl based polish and lasts just as long as a shellac/gel polish)

40 minutes » \$45

SPA PEDICURE

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

55 minutes » \$60

PRINCESS PEDICURE (10 & UNDER)

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

25 minutes » \$28

MEN'S EXECUTIVE PEDICURE

We shape, buff, gently push back and cut cuticle (if necessary), and massage unpolished feet.

40 minutes » \$25

Nail Add-ons

French Polish: \$10

Nail Art: \$1 per minute

Polish Change: \$15

Custom Nail Shape: +\$7

Acrylic Removal: \$20

Paraffin Hand Treatment: \$12

Makeovers

MAKE UP

Eye + Lip Makeover: \$30

Camera Ready Makeover: \$70

Lesson Makeover : FREE (Tuesday-Friday By Appointment)

LASHES

Full Strip Lash Application: \$10
(Lashes Sold Separately)

BRIDAL / QUINCEANERA

Bridal Trial Run Makeover: \$90

Bridal Makeover: \$90

Bridal Party Make Up: \$70

Lash + Brow Services

BROWS

Brow Lamination: \$55

Brow Tint: \$25

LASHES

Lash Lift: \$60

Lash Tint: \$35

Full Strip Lash Application: \$10

Individual Above Lash Application: \$50

Individual Under Lash Application: \$70

*Lashes Sold Separately

Women's Waxing

WE OFFER HONEY WAX, HARD WAX, SENSITIVE WAX, AND THREADING

BROWS

Brow Clean Up: \$20
Brow Tweezing: \$28
Brow Shaping: \$28

FACIAL WAX

Underlip: \$10
Upperlip: \$14
Forehead: \$14
Chin: \$12
Upper Neck: \$15
Side Burns: \$16
Full Face: \$48

BODY WAX

Underarm: \$25+
Arms (Half): \$35+
Arms (Full): \$45+
Legs (Half): \$45+
Legs (Full): \$75+
Bikini: \$45+
Brazilian (Women Only): \$75+
Derrière (Women Only): \$40+
Abdomen: \$35+
Lower Back: \$40+
Back: \$60+

Men's Waxing

WAXING

Men's Eyebrow Wax: \$20
Men's Ear Wax: \$10
Men's Nose Wax: \$10
Men's Eyebrow + Nose + Ear: \$36
Men's Half Arms: \$45+
Men's Arms Full Arms: \$65+
Men's Half Legs: \$55+
Men's Full Legs: \$85+
Men's Back: \$70+
Men's Chest: \$60+
Men's Back + Chest: \$110+

Private Parties

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

Spa Packages

We offer seasonal 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!

All prices are subject to change



McAllen

Uptown Plaza

4500 N. 10th St. #120

956.687.7544

Tuesday - Saturday
10am - 7pm

Harlingen

Spa La Posada

1205 East Tyler Ave

956.412.6363

Tuesday - Saturday
9am - 6pm

Book Online

www.spalaposada.com



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