

# location & hours



## address, telephone, and website:

7313 southwest 59th court  
south miami, florida 33143

305.661.2381 [www.miamispa.com](http://www.miamispa.com)

## finding us:

on the web: [www.miamispa.com](http://www.miamispa.com)

**from the north:** take I-95 south as it becomes south dixie highway/u.s. 1. make a sharp left turn on to southwest 73rd street; turn right into the parking lot immediately after southwest 59th court

**from the south:** take south dixie highway/u.s. 1. north to southwest 73rd street, turn right on to 73rd street; turn right into the parking lot immediately after southwest 59th court

## when we're open:

sunday	10 a.m. to 6 p.m.
monday	8 a.m. to 6 p.m.
tuesday	8 a.m. to 6 p.m.
wednesday	8 a.m. to 8 p.m.
thursday	8 a.m. to 8 p.m.
friday	8 a.m. to 7 p.m.
saturday	9 a.m. to 7 p.m.

please call ahead; our hours of operation are subject to change. early bird appointments require reservation

we are open seven days a week, 360 days a year, and we are closed on new year's day, easter, the fourth of july, thanksgiving, and christmas

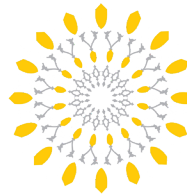
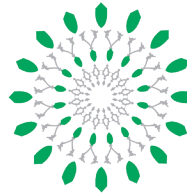
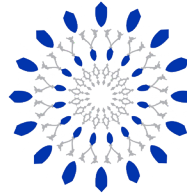
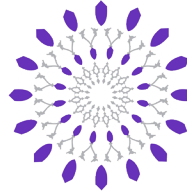
complimentary valet parking during prime business hours on wednesday-saturday

*this brochure replaces our previous brochure, effective date december, 2015*

like us on  myra & company

follow us on 

follow us on  myra-and-company



# myra & company

spa salon studio café

bringing beauty to  
south miami for over  
thirty years

[www.miamispa.com](http://www.miamispa.com)



# welcome

## **a special place:**

welcome to south miami's urban oasis. we are so pleased that you are ready to experience our hair design team's traditional techniques and cutting edge style, indulge in spa rituals that are good for you body and soul, develop your strength and balance in our movement center, and satisfy your appetite at our café.

## **make the best of your experience:**

we have a few policies so that everyone may have an enjoyable experience. we ask that you turn off your cell phone and beeper, for your sake and the sake of your fellow spa guests. we also do not allow infants in spa areas, or pets in any area of the facilities.

## **your health:**

please use common sense when selecting treatments and activities, consulting with a physician before performing any fitness or health procedure, particularly if pregnant, recovering from surgery, or prone to hypertension. discuss all fitness activities with our trainers, since contra indications may be relevant.

## **reservations:**

we recommend reservations, which you may make online at [www.miamispa.com](http://www.miamispa.com) or by calling us during regular business hours at 305.661.2381. online booking requires a password, which is issued with a guaranteed credit card.

## **cancellations:**

our cancellation policy is designed to make sure that all spa guests can enjoy our services. cancellations for spa, nail, and hair services require at least 4-hours' notice, while cancellations in the movement center require 24 hours' notice. you may be charged for part or all of the service value if you cancel or move your appointment without adequate notice for us to refill your original requested time.

## **points & rewards:**

your commitment to myra and company deserves a reward! earn points when you refer a new guest, book online, purchase gift certificates, purchase retail products, or purchase featured seasonal specials. points are redeemable towards retail & café purchases, keratin hair treatments, 1-hour pilates-power plate combo sessions, 25-minute 4-handed massages, collagen vitamin c facials, ultimate manicures, shirodara third eye oil drips, and make-up lessons. points are rewarded automatically and tracked by our computer system. 200 points equal one dollar.



# packages

## **packages:**

### **heaven**

ylang-ylang body scrub, lavender mint aloe body wrap, 50-min 4-handed massage, spa manicure & ayurvedic pedicure, with spa cuisine & tea 5.5 hrs \$525

### **flawless**

corner eyelashes, full makeup application, minx mani-pedi, blow-dry with curls 5 hrs \$400

### **wellness**

private pilates, 80-min stone massage & foot refresher, with spa cuisine & tea 3 hrs \$285

### **pampered pumpkin plus**

50-min swedish massage, signature spa facial, essential manicure and pedicure, with spa cuisine & tea 4 hrs \$255

### **pampered pumpkin**

25-min swedish massage, mini spa facial, essential manicure and pedicure, with spa cuisine & tea 3 hrs \$175

### **mani-pedi picnic**

paraffin manicure, aroma pedicure, with spa cuisine & a glass of wine 1 hr 45 min \$90

### **pick me up**

15-min chair massage & manicure at nail bar, & a flute of prosecco 45 min \$55

## **massage membership:**

members of our massage discount program receive one 60-min wellness massage each month, along with 10% off a la carte services and 15% off retail purchases made on mondays through wednesdays \$75 per month

*membership requires a two-month minimum commitment, automated monthly billing, and a 30-day notice of cancellation.*



# masculine menu

## packages:

### good company

2 50-min wellness massages, 2 mini spa facials, 2 buff pedicures, 2 spa lunches 5 hours \$600

### king for the day

100-min-stone massage, gentlemen's facial with facial waxing, spa pedicure & man...icure with spa cuisine & beer 4 1/2 hours \$425

### man of the year

private pilates-power combo, 35-min manly massage, buff pedicure with spa cuisine & tea 3 hours \$215

### #sundayfunday - available 7 days a week

35-min cranium caress, anti aging facial, haircut & stone pedicure with spa cuisine & 3 beers 3 1/2 hour \$350

## self care:

### manly massage

combines aroma and hot packs to soothe and stretch  
25 min \$75 35 min \$95 50 min \$115  
80 min \$140 100 min \$175

### gentleman's spa facial

relax during your skin analysis & thorough cleansing complete with extractions, and enjoy a scalp massage and aroma hand massage 50 min \$95

buff pedicure 50 min. \$40 man...icure 25 min \$20

## hair & color:

cut & style \$35 to \$65

### color enhancement

back/chest \$60/50 side burns \$30 mustache \$20

### man's makeover

cover gray, enhance hair color, or create a whole new look \$45 - \$175

## manscaping through waxing:













eyebrow design	\$18	nose/ears	\$10 each
back	\$60	chest	\$45
eye, nose, & ear	\$30		

## masculine menu series savings:

10 50-min manly massages	\$1035 (reg \$1150)
10 gentleman's facials	\$855 (reg \$950)
10 buff pedicures	\$360 (reg \$400)

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# salon services

## cutting & styling:

- styling
  - blow-dry, roller set, or curling/flat iron work \$35 to \$150
  - iron or curls add on \$10 to \$35
- iron work
  - flat iron on its own \$25 to \$50
  - curling iron on its own ends \$25 or whole head \$65
- cutting
  - scissors or razor, on wet or dry hair, blow-dry \$75 to \$125
- up do's (does not include a blow-dry) \$85 to \$150
- braids french braids, accent braids, or corn rows \$20 to \$200
- beard trim \$15 - 25

## color:

- hairline color \$45 (available between color visits)
- one process \$85 to \$120
- spot foils \$8 to \$25 per foil
- halo highlights \$75 to \$100
- partial highlights \$100 to \$250
- full highlights \$150 to \$300
- hombre/sombre \$185 to \$275
- color correction \$350 to \$500
- dip dye \$85 to \$150
- glossifier \$65 (\$45 when done with color)
- 3 one process colors \$195 (10-week expiration)

## perms & relaxers:

- curl
  - spot per rod \$10
  - partial head \$75 to \$150
  - full perm \$125 to \$250
- straighten
  - spot area \$20
  - partial area \$ 75 to \$175
  - full relaxer \$150 to \$300

## and:

- hair extensions add volume, length, and highlights \$500 to \$2,000 *initial consultation fee of \$25 is applied to balance*
- additional hair extensions fun colored spot extensions \$50/piece, and extreme length \$60/piece
- scalp massage 15 min \$30
- treatments for dehydrated or dull hair, excess oil, and itchiness \$25 to \$50
- keratin, coppola or keratherapy \$275 to \$450
- olaplex as a color booster \$20 upgrade as a pre-keratin treatment \$35 as a hair strengthener \$55

# young adult



- scrub a dub dub
  - enjoy a natural scrub, choosing from our seven chakra scrubs, listed on page 6 25 min \$65 (12 and under)
- teenager tension massage
  - for neck, shoulders, and back 35 min \$75
- facial care 101
  - facial includes personalized instructions on how to care for your changing complexion 50 min \$95
- acne combat program
  - 1 deep cleansing facial with peel & 2-3 week follow-up with face refresher & peel \$200
- miss mini makeover
  - just enough make-up for those 12 & under to feel like a princess 30 min \$55
- young adult manicure & pedicure ages 12 & under
  - soothing soak, exfoliation, and massage; nails are cleaned and polished without cutting cuticles 60 min \$45
- young adult spa manicure & pedicure 12 & under
  - our young adult manicure & pedicure, with a luxurious treatment mask & additional massage 90 min \$75
- my first coloring
  - \$65 and up, as determined by stylist & guest. *see page 3*
- polish change for guests 12 and under
  - \$10 hands \$15 feet

# sunny services



- detoxifying soul wrap
  - eliminate toxins with a mineral-rich clay and aromatherapy 50 min \$125 best with 30-min weight loss massage
- wheat dough healing back treatment
  - eliminates heat from and soothes the skin 70 min \$165
- sunless tanning
  - treatments result in a natural looking tan that lasts for 4 to 7 days. exfoliation before tanning is recommended. if you choose not to exfoliate, be sure your skin is clean and dry with no oils, perfumes, or lotions.
- body polish & spray tan \$110
  - spray tan \$60 10 pack \$450
- aloe body wrap
  - aloe vera and rose essential oils rehydrate sun-damaged and wind-blown skin and hair 45 min \$80



## make-up

### applications:

#### for your eyes only

eyes come to life with shadows, liner, mascara and party lashes \$55

#### classic

perfect for a night on the town or special function, includes a take home mascara \$85

airbrush applications achieve perfect coverage \$125

semi permanent make-up european hair stroke simulation *pricing online*

### lessons:

#### the perfect you

update your look in a session in which an artist designs one side of your look & you complete it 45 min \$75

### connect colour cosmetics:

connect colour cosmetics purchase 3 pieces and receive a fourth item of equal or lesser value for free

### eyelashes and eyebrows:

#### extensions, using Xtreme Lashes®

full set 2 hrs \$450 color enhancement \$100

touch ups 30 min, must be every week \$50

touch ups 45 min, every two weeks \$75

1 hr touch-up \$100 every 2 - 3 weeks removal \$75

#### tinting with vegetable dye

eyelashes \$40 eyebrows \$20

#### event eyelashes

24-hr use \$35 with make-up application \$20

#### handcrafted brows

shaping using waxing, tweezing, or threading \$18-\$35

### brides-to-be:

#### bride's day

body scrub, 25-min aroma-cocoa swedish massage, bridal french mani & pedi, make-up application, up-do, spa cuisine, & a mimosa \$400 (airbrush + \$25)

#### bridal french pedicure & manicure

includes a glass of champagne and extended foot massage 2 hrs \$105

#### bridal hair and make-up

wedding day hair style and make-up application \$200

trial wedding day hair style and make-up application \$150

## movement center



### pilates:

strengthen and tighten your body with focus on posture, alignment and balance. lessons are given on a variety of peak equipment in one-on-one, duet, triplet and group sessions

### power plate®:

accelerate toning by working out on the exercise machine that Madonna credits with keeping her in great shape. lessons are given in one-on-one, duet, triplet, and group sessions

### power plate® +:

a 1 hr class combining power plate®, and your choice of yoga, pilates, or weights

### cellulite therapy sessions:

use power-plate vibrations to breakdown fat deposits and improve circulation

### pricing:

one on one pilates \$85 / \$765 10 pack

group pilates \$35 / \$315 10 pack

one on one power plate \$60 / \$540 10 pack

group power plate \$30 / \$270 10 pack

one on one pilates-power combo \$100 / \$900 10 pack

group pilates-power combo \$45 / \$360 10 pack

additional pricing available online at [www.miamispa.com](http://www.miamispa.com)

### always something new:

check [miamispa.com](http://miamispa.com) for movement center updates

### series savings:

all services are available in 10 packs at reduced rates, plus you earn points with each series purchase.

### cancellation policy:

we have a 24-hr cancellation policy. please call our reception desk or 24-hr voice mail system to cancel. failure to cancel with less than 24 hrs' notice may result in a 100% cancellation fee. when persons do not show up for duets or triplets, the cost of the class is determined by the number of participants.

### common sense:

always confer with a doctor before starting an exercise regimen.



## body work

### massages and stretches:

#### muscle comfort stretch

a stretching session, on its own or added to a massage  
30 min \$50

#### cranium caress

scalp, neck, and shoulder massage 35 min \$80

foot massage 20 min \$40

scalp massage 10 min \$20

chair massage \$2 a minute

#### double decadence four-handed massage

two therapists massage your body at once  
50 min \$180 25 min \$100

#### pregnancy massage

after the first trimester, to help you and your baby relax  
100 min \$160 120 min \$190

#### reflexology

light pressure on reflex points 25 min hands or feet  
\$65 50 min hands & feet \$100

#### scented stone

hot stone massage with aromatherapy oils  
50 min \$135 80 min \$165  
100 min \$200 120 min \$235

#### swedish massage

light, relaxing touch to relieve stress  
25 min \$55 35 min \$75 50 min \$95  
80 min \$120 100 min \$155 120 min \$195

#### lymphatic drainage massage

gentle european massage helps to purify the body  
25 min \$70 35 min \$90 50 min \$120  
80 min \$180 100 min \$220 120 min \$260

#### therapeutic massage

deep tissue massage with menthol oils and hot packs  
25 min \$75 35 min \$95 50 min \$115  
80 min \$140 100 min \$175 120 min \$205

#### wellness massage

combines swedish and therapeutic techniques  
25 min \$65 35 min \$85 50 min \$105  
80 min \$130 100 min \$165 120 min \$195

### upgrades and options:

cocoa butter or coconut oil \$10 upgrade  
aroma-cocoa butter \$15 upgrade  
friends, family, couples room for two at once

## alternative therapies



### ayurvedic rituals

ayurveda is an ancient hindu system of medicine that promotes good health and inner balance through touch and natural ingredients, performed with products and materials imported from india

#### shirodara

a therapeutic hair and scalp treatment begins with a gentle dripping of warm, herbal oil to quiet the mind and balance the nervous system 50 min \$85

#### royal skin care

oatmeal, honey, herbs, and stones leave the skin soft and supple body 70 min \$155 facial 50 min \$135

#### wheat dough

wheat dough boosts collagen production, eliminates fine lines, stimulates muscles, and refreshes; good for sunburned skin

body 90 min \$175

facial 70 min \$155

pedi 90 min \$100

mani 60 min \$70

#### fruit facial

a relaxation facial cleanses the skin to help it breathe 70 min \$145

#### herbal "microdermabrasion"

a cloth pouch filled with herbs and soaked in hot lemon cream is used to gently polish the skin  
50-min face \$125 no extractions  
recommended package of 6 \$600

#### threading

indian technique results in crisp definition and smooth skin  
eyebrows and cheeks \$35 each area  
lip, chin and spot \$25 each area

#### ayurvedic afternoon

oatmeal and honey scrub followed by a wheat dough and stone body massage 2 hrs \$225

### traditional chinese medicine

*check online for description & pricing*

acupuncture

tuina massage

cupping





# hand & foot rituals

## manicures and pedicures:

classic manicure \$20 pedicure \$40

shellac manicure \$50 pedicure \$60 combo \$100

### myra minx®

full classic manicure & pedicure with the application of minx designed canvas instead of polish  
finger \$8 hands \$60 toe \$12 feet \$100

spa (choose from our chakra collection on page 6)  
aroma exfoliation, treatment mask, & moisture massage  
manicure 40 min \$45 pedicure 70 min \$75

### coconut stone pedicure

a full pedicure that focuses on massage 75 min \$85

### ultimate moisture

shea butter mask with paraffin dip and a massage  
manicure 60 min \$60 pedicure 90 min \$85

### sole survivor

buff pedicure with a callo peel, paraffin & cocoa butter  
75 min \$60 polish additional \$10

### ayurvedic royal treatment

an indian spa pedicure with classic and wheat dough  
massage 90 min \$100

### foot refresher

soak, callo peel, foot scrub, and cocoa butter \$35

file, buff & polish fingernails \$14 toenails \$20

## acrylics, gels, and pink & whites:

### full set

acrylics tips \$80 sculptured \$85

gels tips \$85 sculptured \$90

pink & whites tips \$90 sculptured \$100

### fills

acrylics \$40 gel coating \$15

gels \$45 pink & whites \$60

pink \$45

finger nail repair \$6 toe nail repair \$10

(additional corrective 3 weeks' growth \$15)

### upgrades: performed with a nail service

paraffin dip hands \$10 feet \$15 combo \$20

extended foot or hand massage \$25 each / 15 min

callo peel \$15

french finish/color mixing \$5 each, per hands or feet

massage enhanced with cocoa butter or coconut oil \$10

hand-painted nail art \$5 per nail / \$40 per 10 nails

swarovski crystal nail \$8/nail, \$70 set of 10 nails

red bottom polish underneath long nails \$10



# body work

## body scrubs:

seasonal scrubs invigorate circulation, soften skin, and relieve stress. 30-min body scrubs are \$75, or \$50 when done with a massage. please consult with the front desk about which exfoliation would be best for you.

## body wraps:

wraps envelop you in a warm bundle of treatments that revitalize, relax, detoxify, or moisturize. each wrap includes a scalp massage. 50-min body wraps are \$100, or \$75 when combined with a massage.

### vitality

a moisturizing treatment with our sacred earth shea butter mask

### let-go lavender

lush aromatherapy to relax the body and mind

### detoxifying soul

a seaweed mask with detoxifying oils to remove impurities

### cocoa butter cocoon

warm cocoa butter for moisturizing benefits

## chakra collection:

the chakra collection inspires your body's seven centers as a spa manicure & spa pedicure, body scrub or body wrap, or take home retail collection.

### sacred earth

clove and patchouli, using brown sugar and coffee to exfoliate, and shea butter to moisturize

### sensual soul

citrus and ylang ylang, using creamy pumice to exfoliate, and an oatmeal mask to moisturize

### transcendent sun

lemon, ginger and honey, using honey and sugar to exfoliate, and honey and aloe to moisturize

### garden grace

cucumber and rose, using aloe and apricot to exfoliate, and aloe to moisturize

### true vibrations

geranium, using creamy pumice to exfoliate, and oatmeal mask to moisturize

### majestic mountain

lavender and patchouli, using salt to exfoliate, and cocoa butter to moisturize

### electric aura

frankincense and myrrh, using white sugar & salt to exfoliate, and an aloe vera clay mask to moisturize



# skin care

## facials:

*all facial include cleansing, toning & moisturizing*

### mini spa by connect

a facial with hand massage, no extractions  
25 min \$55

### anti-aging illuminating by connect

retexturizes skin and reduces sun damage, includes peel 50 min \$125

### great skin facial by jurlique

an aromatic spa facial 50 min \$115

### back facial by connect

deep cleanses & exfoliates with light massage  
75 min \$125

### collagen & vitamin c by connect

hydrates while stimulating cell growth 80 min \$185

### deep cleansing with whatever it takes!

purifies, clears pores, & controls sebum & bacteria with focus on extractions 80 min \$135  
*add 2-3 week follow-up with 35-min peel, total \$200*

### eminence facial

a customized facial for your skin type utilizing our vegan organic skincare line 50 min \$145 80 min \$185

### moisture maple by b kamins

ultra-hydrates and balances skin using anti-oxidants, amino acids, moisture builders, minerals, and AHA acid  
50 min \$115

### purely age defying by jurlique

aromatherapy anti-aging facial minimizes fine lines & wrinkles while hydrating 80 min \$145

### relaxation

light back massage, aromatherapy, multiple masks, & a digital pressure facial massage; extractions optional  
80 min \$145

### rosacea treatment by bkamins or eminence

restores smoothness and reduces redness  
80 min \$185 45-min follow up \$75

### signature spa by connect

includes extractions & a mini hand & foot massage  
50 min \$95

## tinting with vegetable dye:

eyelashes \$40

eyebrows \$20

# skin care



## enhancements: *(price added to cost of facial)*

ampoules based on skin type \$15 each

### collagen face & eye treatment

a tightening mask soothes fine lines \$45  
*also available alone for \$65*

firming mask for dry, mature skin \$45

*also available alone for \$65*

skin soother mask with ampoule to reduce redness, swelling, & irritation \$25

extra extractions 15 min \$30

## and *(on their own or with a facial):*

### glycolic, beta, or lactic acid peels

evens out skin tone & softens fine lines

face/back: \$65/\$75 hands/arms: \$40/\$60

face, neck & chest: \$115 spot area: \$25

### microdermabrasion

peel removes dead skin, leaving skin glowing and reducing the appearance of scars and wrinkles

face & neck: \$150 series of 6: \$700

chest/spot area: \$100/\$50 series of 6: \$480/\$250

face, neck & chest: \$200 series of 6: \$960

### apiderm - imperfection correction

removes skin tags, milia cholesterol lumps & broken capillaries  
10, 15, 30, and 45 min sessions: \$2 per min

emergency treatment (1 spot you need taken care of before your next appointment) 15 min \$25

## hair removal *with azulene, hard wax, tweezing & threading:*

### eyebrow

clean up \$18 reshaping \$25 threading \$35

lip, chin, cheeks, ears, nose

wax \$12 (each) threading \$25 (each)

full face: wax \$45 threading \$85

arms: full \$40 half \$30 under \$25

bikini: classic \$35 brazilian \$50 playboy \$60

derriere: full \$50 inner cheeks \$30

legs: full \$60 half \$35

toes/fingers: \$10 each per hands or feet

stomach: \$20

happy trail: \$15

back: full \$60 lower \$30

chest: \$45

trimming: \$15 additional

spot wax: \$10

*combo savings are available online*