

A Girl's Guide to La Paz

The women of La Paz have spoken! Thanks to their responses to our informal survey, finding a good fit for your girly needs will no longer be a matter of trial and error. Whether you are a newcomer to La Paz or someone who's lived here for years, we hope you'll find our list of personal recommendations helpful. This list is by no means complete, and businesses here come and go, so it's always best to check first to confirm hours and locations.

HAIRDRESSERS

[Kathy's Beauty Salon:](#) Kathy Ruppert Muedano; (612)176-5235; Carretera Transpeninsular Km 10, Chametla.

[RG Salón de Belleza:](#) Rocio Garcia; (612) 167-2263; Plaza Nautica, Corner of Calles Abasolo and Colima.

[Murat Brin Hair and Makeup Design:](#) (612) 167-3269; Corner of Calles Miraflores and Comundu.

[Aviva Salon:](#) Hair and makeup. Multiple stylists available. (612) 129-6525; Two locations.

[Elvira's Salon:](#) (612) 125-2164; Abasolo and Calle Michoacan.



Kathy Ruppert was our number one reader's choice for hair and nail services.

PEDICURES

[Kathy's Beauty Salon:](#) Kathy Ruppert Muedano, (612) 176-5235, Carretera Transpeninsular Km 10, Chametla.

[MIA Nails & Coffee Bar:](#) (612) 203-3259; Calle Esquerro 1530A;

[Full Heaven Nail Spa:](#) (612) 124-1440; Galerías La Paz.

MANICURES

[Kathy's Beauty Salon:](#) Kathy Ruppert Muedano; (612) 176-5235; Transpeninsular Km 10, Chametla.

[FullHeaven Nail Spa:](#) (612) 124-1440; Galerías La Paz (Liverpool mall); Agustin Olachea Local 90 entre Blvd. Pino Payas y Libraiento.

[Patty Santos:](#) (612) 348-9375.

[Elsy's Nails:](#) (612) 348-0051.



Dulce Romero is a favorite spot for lunch.

BEAUTY TREATMENTS

[Beatriz Pratt](#): BP Masoterapia Clínica; (612) 108-2752; Calle Marcelo Rubio 2930.

[Jimena Chagoayan](#): Masajes y Faciales con Jimena; 612 169-4411; Independencia 518, Zona Central.

[Nora Castro](#): Nautilus Spa; (612) 121-5176; Marine Waterfront Hotel;

EXERCISE & FITNESS:

[Family Fitness](#): Full service fitness centers with several locations, including one with a pool in the Soriana plaza on Abasolo and another behind Home Depot.

[Tu Polideportiva](#): Full service gym with group classes, pool, hydrotherapy, children's classes and more. Behind Soriana on Forjadores.

[Tennis Center La Paz](#): Lessons and courts available to reserve for play. 16 de Septiembre & Isabel Catolica.

[Centenario Tenis](#): Located in El Centenario on Highway 1. Pickleball groups play here. Tennis lessons and courts available to reserve.

COFFEE SHOPS

[Dulce Romero Panaderia Gourmet](#): (612) 185-2095; Calle Allende 167.

[Doce Cuarenta Coffee and Bakery](#): (612) 178-0067; Calle Francisco Madero 1240, Zona Central.

[Café La Choya](#): (612) 128-7118; Calle Colima 1650. 2nd location: Allende Café La Choya; (612) 114-3442; Calle Allende.

[Café Exquisito](#): Multiple locations, including on the highway between Chametla and El Centenario.

[Coffee Star](#): Multiple locations including on Abasolo 3815, Plaza Nautica.

SPA AND BEACH DAYS

[La Concha Hotel](#): Day passes available to use the beach and pool facilities.

[Spa Spirit at Costa Baja Resort](#): full service spa with a variety of treatments available.

MASSAGE THERAPISTS

[Beatriz Pratt](#): BP Masoterapia Clínica; (612) 108-2752; Calle Marcelo Rubio 2930.

[Jimena Chagoayan](#): Masajes y Faciales con Jimena ; (612) 169-4411; Independencia 518, Zona Central.

[Tanya Jamieson](#): Purity La Paz; (612) 167-7764; Nueva Reforma 687.

[Patty Ortega](#): in-home service; (612) 139-2609.

LUNCH PLACES

Nim: Great appetizers, drinks, service, courtyard or indoor dining. (612) 122-0908; Calle Revolución 1110.

Dulce Romero Panaderia Gourmet: full-service café with organic salads and housemade bread. (612) 185-2095; Calle Allende 167.

Vrentinos: (612) 194 0227; in El Morro Hotel (at the end of the Malecon); Blvd. Alberto Alverado #7.

Anzuelo Cocina del Mar: In the marina overlooking the bay on the *Malecon*.

[See our Restaurant Guide here for more.](#)

DERMATOLOGISTS

Dr. Karina Ramos: (612) 124-0400; Fidepaz Hospital.

Dr. Haydee Ibarra: (612) 203-0670; Carabineros St. 262

DOCTORS

Dr. Ramon Gaxiola: (612) 348-5229; Located in Fidepaz Hospital: <http://www.hospitalfidepaz.com>.

Dr. Salvador Belilty Haro: Medical Center; Family Doctor; across from Fidepaz Hospital; (612)124-1165; English spoken.

Dr. Liliana Campos: Infertility & Gynecology; (612) 102-6300; on Highway 1 near Fidepaz Hospital.

Dr. Buenaventura Diaz:

General Practitioner; Fidepaz Hospital; (612) 124-0400 or (612) 124-1001; English spoken.

Dr. Alfredo Carballo: Plastic surgeon, Médica La Paz; (612) 124-1602.

Sevilla Home offers custom-made furniture and in-store shopping.

CLOTHING/DEPARTMENT STORES:

Liverpool: Department store in The Shoppes at Liverpool (across from Sam's Club).

Sears: Department store on Forjadores.

Patiss Boutique: fashion boutique located downtown.

Chedraui: department and grocery store chain.

HOME DECOR

Sevilla Home: (612) 125-1703; Custom-made and ready to buy furniture. Located on the *malecon*.

Dulce Huerta: (612) 122-5005; Blvd 5 de Febrero.

Ramos: Contemporary furniture store; (612) 122-1401; Blvd 5 de Febrero 315.

San Diego: Contemporary furniture store; (612) 125-1149; Blvd 5 de Febrero 947.

El Toro y La Luna: Although it's not in La Paz, this fabulous store in Los Barriles is popular with locals for its unique, handmade Mexican furniture and decor.

Segundas: The secondhand markets on Highway 1 in Chametla are a popular spot to hunt for bargains.

Tianquis Panteon de San Juanes: Calles Vicente Guerrero & México. **Tianquis Sante Fe:** Arroyo El Cajoncito, Universidad Autónoma de Baja California Sur.

