



# Recommendations



## Services:

### Drivers

**Name:** Fernanado

Phone#: +507-6684-9813

Call/Text for pricing

Canal tours and general transportation

Speaks Eng & Span

**Name:** Paoula

Phone#: +507-6507-7981

Price \$35 round trip

Transportation from the City to Coronado

Speaks Eng & Span

**Name:** Jose Pena

Phone#: +507-6776-4365

General Transportation, City Tour, Isla Grande tour in Portobello

Speaks Eng & Span

**Name:** Desmond

Phone#: +507-6681-4265

General Transportation, City Tour, Speaks Eng & Span

## Hotels/Airbnb Suggestions

**Halima's Airbnb**

Please use Airbnb for all communication for these locations. Speaks Eng & Span

[Halima's Playa Coronado location](#)

[San Francisco city location](#)

[Private room](#)

[3 bedroom apartment in the city](#)

## Real Estate/Property Managers

**Angelica Mendoza**

Phone#: +507-6228-4066

Email: [investech2016@gmail.com](mailto:investech2016@gmail.com)

Speaks Eng & Span

**Name:** Julio Dawson

Phone#: +507-6692-3719

Email:

[apartmentandproperty@gmail.com](mailto:apartmentandproperty@gmail.com)

Speaks Eng & Span

## Real Estate/Property Website

[Alquiler apartamentos Panamá](#)

[Encuentra24](#)

[Expats in Panama-Properties](#) (FB group)

[Young Expats in Panama](#) (FB group)

## Hair

**STORES**

**Pretty Imagen**

Address: multiple locations

A Store for black hair supplies.

It's a little hard to find, call or go with someone the 1st time.

Delivers products too.

IG: [@pretty\\_imageboutique](#)

Website: [www.prettyimagepa.com](http://www.prettyimagepa.com)

**Boneca Boneca**

Address: multiple locations

A Store for black hair supplies.

Delivers products too.

Phone: +507-6042-0927

IG: [@boneca.boneca](#)

**LOCS**

**Dreadlocks Panama**

Address: contact for address

Phone#: +507-6202-5541



Uses the crochet method  
Speaks a little English  
Price: Call/Text for pricing  
IG: [@dreadslockspanama607](#)

### Sharon Keene

Address: contact via IG or Email

Price: Call/Text for pricing  
IG: [@goldilockz](#)  
Email: [sharon.pjt@gmail.com](mailto:sharon.pjt@gmail.com)

### Locks-4-Ever (Charlotte Van)

Sisterlocks

Address: none  
Text or call for location  
Phone#: +1 540-446-5107  
Price: Call/Text for pricing  
Speaks English  
Website: [www.locks-4-ever.com](http://www.locks-4-ever.com)  
IG: [@locks4ever](#)

### **BRAIDS/TWIST**

#### Johnson Saloon

Address: contact for address  
(also does locks)  
Phone#: +507-6880-5823  
Speaks Eng/Span  
Price: Call/Text for pricing  
IG: [@johnsansaloon](#)  
Email: [johnsansaloon15@gmail.com](mailto:johnsansaloon15@gmail.com)

#### Afro Trenzas Studio- Aisha

Address: contact for address  
Phone#: +507-6631-3076  
Speaks Eng/Span  
Price: Call/Text for pricing  
IG: [@afro.trenzas507](#)  
Email: [afro.trenzas507@hotmail.com](mailto:afro.trenz<span>as</span>507@hotmail.com)

#### Ashh Braids Style Panama

Address: Edificio Comosa  
Phone#: +507-6223-8671  
Speaks Eng/Span  
Price: Call/Text for pricing  
IG: [@braids\\_panama](#)

### Lleana M Christopher

Address: Contact for address  
*Does locks, perms, and braids*  
Phone#: +507-6801-4729  
Speaks Eng/Span  
Price: Call/Text for pricing  
IG: [@ily\\_creations](#)

### Sayii Alonzo

Address: San Judas, Colon  
Phone#: contact via IG  
Speaks: Span  
Price: Call/Text for pricing  
IG: [@Sayihairstyle](#)

### *Hair treatments/Blow out*

#### Infinity Salon

Address: Calle 69, San Francisco  
Phone#: +507-6934-0530  
Price: Call/Text for pricing  
IG: [@infinitysalonpanama](#)  
Uses organic products, has many services, keratin treatments  
Anais for brows  
Tayron- hair

#### Tanisha

Address: comes to you  
Phone#: +507-6546-4660  
Speaks Eng/Span- prefers Voice notes  
Price: Call/Text for pricing  
IG: none  
Perms and blow outs. If you want a set you need to provide your own rollers.

#### Oti Maxi Salon

Address: Call or text for address  
Phone#: +507-6747-1614  
Speaks Eng/Span  
Price: Call/Text for pricing  
IG: [@otimati](#)  
Perms, blow out, cut and color. Bring your own rolls if you want to set it.

#### BARBER-

Address: Calidonia next to the el coste  
Phone: +507-6299-6002  
Price: Call/Text for pricing

Phone#: +507-390-9919 o  
+507- 6677-6616  
IG: [@altavitaspa](#)  
Services: Massages, Chiropractor

### BARBER-Natha

Address: Ave. Ernesto T. Lefevre  
Phone: +507-6656-1455  
Price: Call/Text for pricing  
IG: [@nathabarber](#)

### Flow Wow PTY

Address: 3 locations  
IG: [@flowwowpty](#)  
Services: Mani & Pedi, Waxes

## Nails/ Esthetician/Massages

### Pink Buddha

Address: multiple locations  
*At San Francisco location suggested  
people*  
Lucia for hair  
Sandra for brows  
Yisel for nails  
Samantha for mani & pedi  
IG: [@pinkbuddha.shop](#)  
[@pinkbuddhaobarrio](#)

### The Nail Bar

Address: 3 locations  
IG: [@thenailbarpanama](#)

### Nuby Calvache

Address: comes to you  
Phone#: +507-6871-3968  
Services: Mani & Pedi, waxes and  
massages

### Robert Ramirez

Address: comes to you or call for  
location  
Phone#: +507-6065-6286  
IG: [@rmasfit](#)  
Services: Waxes and Massages

### Alta Vita Spa Panama

Address: Calle 70 Este, San  
Francisco



## Legal /Medical Services

### VIDATEC

Phone#: +507-6500-2974

Website: <https://citas.vidateclab.com/>

Covid testing

### Mike Kelly

Phone#: +507-6614-1448

Covid Testing

Speaks Eng

### PTY Lawyers

Tania Abogada or Kathyel Ferguson

Phone#: +507-6150-5519

Email: [taniaabogada@ptylawyers.com](mailto:taniaabogada@ptylawyers.com)

[kathyelferguson@ptylawyers.com](mailto:kathyelferguson@ptylawyers.com)

Address: Advance 099 Building, Suite 5-B, Beatriz M. de Cabal ST. in Obarrio

### Hassim Patel Bhana

Lawyer

Phone#: +507-6747-0919

Email: [hpatelbhana@gmail.com](mailto:hpatelbhana@gmail.com)

[hassimpatelbhana@gmail.com](mailto:hassimpatelbhana@gmail.com)

Speaks Eng & Span

### Dr. Gianna Hanly

Dentist

Phone#: +507-310-2974

Website: <https://madentaclinic.com/>

Speaks Eng & Span

## Other Services

### Photographer

Illoquint Photography - Lawrence Wilder

Travel Photographer

Phone#: +1 206- 679-7651

Website: [@illoquint](https://www.illoquint.com)

Speaks Eng

### Laundry and Cleaning

### Personal Assistant

The Planner- Iranovy Gerald

Administrative assistant, Logistics, General planning

Phone#: +507-6251-9620

Website: [@theplannerbyiranovy](https://www.theplannerbyiranovy.com)

Speaks Eng & Span

