



BEAUTY WITH A CONSCIENCE

ELEGANCE WITH A PURPOSE



POSH & BLISS

NAIL & BEAUTY SALON

SIGNATURE SKINCARE PROGRAMMES

Intelligent Care, Effortless Glow

poshandbliss.co.za | Pinnacle Walk Shopping Centre

Morningside | Joburg



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SIGNATURE SKINCARE PROGRAMMES

Intelligent Care. Effortless Glow

At Posh and Bliss, true transformation comes from intelligent sequencing, not isolated treatments. We curate skincare programmes because optimal results occurs when the skin is prepared, stimulated, supported and refined, in the correct sequence, over time.

Our **Signature Skincare Programmes** combine DMK Enzyme Therapy, Dermapen 4™ microneedling with customised meso-glides or regenerative exosomes, and Exuviance professional treatments powered by NeoStrata. Each step plays a distinct role, guiding the skin to respond more intelligently and deliver refined, lasting results.

Prepare & Normalise

DMK Enzyme Therapy restores circulation, oxygenation, and balance, laying the foundation for healthy skin behaviour. When skin function is improved, it becomes more receptive and responsive to advanced treatments that follow.

Stimulate & Correct

Dermapen 4™ / MG Meso-Glides / Exosomes introduces precise renewal and targeted correction, with meso-glides for specific concerns and exosomes for advanced recovery.

Refine & Maintain

Exuviance by NeoStrata polishes, smooths, and brightens with intelligent exfoliation, keeping skin calm, clear, and luminous.

Because skin thrives when treatments work together, not alone.

Purchase a Skincare Programme & enjoy 15% off any retail items purchased for Home Care

	AURA Prepare & Glow	RADIANCE Correct & Refine	LUXE Regenerate & Optimise																																						
Ideal:	If you seeking visible glow with structure & comfort and/or first time clients with sensitive or dehydrated skin and those	If you ready to address specific skin concerns; pigmentation/ acne/ visible aging/ uneven texture with a structured, results driven plan	For those seeking the ultimate level of skin rejuvenation, regeneration, and long term skin optimisation																																						
How it works?	Aura focuses on restoring skin balance and initiating renewal in a gentle, intelligent way	Radiance builds on healthy skin function while introducing targeted correction and skin rejuvenation	Luxe represents the most advanced and comprehensive programme offered at Posh and Bliss																																						
Key Modalities	<ul style="list-style-type: none"> DMK Enzyme Therapy Dermapen 4™ Microneedling Exuviance, powered by Neostrata facials 	<ul style="list-style-type: none"> DMK Enzyme Therapy Dermapen 4™ Microneedling with customised meso-glides (MG) Exuviance, powered by Neostrata facials 	<ul style="list-style-type: none"> DMK Enzyme Therapy Dermapen 4™ Microneedling with regenerative exosomes (Exo) Exuviance, powered by Neostrata facials 																																						
Programme Outline (Approx. 4-5 months)	<table border="1"> <thead> <tr> <th></th> <th align="right">Min</th> </tr> </thead> <tbody> <tr> <td>Skin Revision Facial</td> <td align="right">90</td> </tr> <tr> <td>Dermapen 4™ Microneedling</td> <td align="right">60</td> </tr> <tr> <td>Customised Revitalising Facial</td> <td align="right">60</td> </tr> <tr> <td>Dermapen 4™ Microneedling</td> <td align="right">60</td> </tr> <tr> <td>Glow Facial</td> <td align="right">60</td> </tr> </tbody> </table>		Min	Skin Revision Facial	90	Dermapen 4™ Microneedling	60	Customised Revitalising Facial	60	Dermapen 4™ Microneedling	60	Glow Facial	60	<table border="1"> <thead> <tr> <th></th> <th align="right">Min</th> </tr> </thead> <tbody> <tr> <td>Skin Revision Facial</td> <td align="right">90</td> </tr> <tr> <td>Dermapen 4™ Microneedling + MG</td> <td align="right">60</td> </tr> <tr> <td>Customised Revitalising Facial</td> <td align="right">60</td> </tr> <tr> <td>Dermapen 4™ Microneedling + MG</td> <td align="right">60</td> </tr> <tr> <td>Brightening Facial</td> <td align="right">60</td> </tr> </tbody> </table>		Min	Skin Revision Facial	90	Dermapen 4™ Microneedling + MG	60	Customised Revitalising Facial	60	Dermapen 4™ Microneedling + MG	60	Brightening Facial	60	<table border="1"> <thead> <tr> <th></th> <th align="right">Min</th> </tr> </thead> <tbody> <tr> <td>Skin Revision Facial</td> <td align="right">90</td> </tr> <tr> <td>Dermapen 4™ Microneedling + Exo</td> <td align="right">60</td> </tr> <tr> <td>Customised Revitalising Facial</td> <td align="right">60</td> </tr> <tr> <td>Dermapen 4™ Microneedling + Exo</td> <td align="right">60</td> </tr> <tr> <td>Brightening Facial</td> <td align="right">60</td> </tr> <tr> <td>Restoration Facial</td> <td align="right">90</td> </tr> </tbody> </table>		Min	Skin Revision Facial	90	Dermapen 4™ Microneedling + Exo	60	Customised Revitalising Facial	60	Dermapen 4™ Microneedling + Exo	60	Brightening Facial	60	Restoration Facial	90
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Skin Investment	R6 400	R 8 450	R15 650*																																						

*Includes professionally prescribed Exo-Skin homecare

FACIAL FUSION

Where Science Meets Indulgence

DERMAPEN 4™ MICRONEEDLING LUXE

Experience the future of skin renewal with the world's most advanced microneedling device. Dermapen 4™ Microneedling treatments, enhanced by Mesoglide, the corrective serums that target your unique concerns (acne/ pigmentation/ anti-aging), the Uber Peel, a gentle yet powerful resurfacing boost and an infusion with Exosomes, regenerative messengers that supercharge collagen and repair. This advanced protocol delivers smoother texture, brighter radiance, and results that keep building long after your treatment.

DMK - ENZYME THERAPY TREATMENTS

DMK facials are not just treatments, they're skin revision therapies designed to restore your skin's natural balance and function. Using advanced enzyme technology, DMK works from the inside out to oxygenate, detoxify, and rebuild healthy skin. Whether you're dealing with ageing, acne, pigmentation, or just want a radiant glow, DMK offers customised solutions that deliver real, lasting, transformational results.

EXUVIANCE FACIALS POWERED BY NEOSTRATA® PEELS

Refine, renew, and reveal luminous skin with our Exuviance professional facials, elevated by NeoStrata's advanced peel technology. These intelligent exfoliation treatments smooth texture, brightens, and restores radiance, all while maintaining comfort and balance. Perfect for keeping skin polished and calm.

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Dermaplanning

R550

DMK Facials

60 min Deep Cleanse

R750

Refresh and rebalance. This treatment clears pores, removes impurities, and restores a healthy glow without stripping moisture. Perfect for oily or congested skin leaving you smooth, radiant, and revitalised!

60 min HydraFusion

R750

Provides intense hydration to the skin. It is particularly effective at minimising the appearance of fine lines and rejuvenating the skin to give it a more supple, youthful glow.

90 min Enzyme Treatment & Quick Peel

R1200

Skin revision treatment works deep within the skin to oxygenate, detoxify, and strengthen your natural functions. This treatment boosts collagen, improves hydration, and leaves your skin firm, radiant, and healthy. Perfect for all skin types, including acne, pigmentation, and ageing concerns

90 min Enzyme Treatment & Micro Peel

R1200

DMK Micro Peel is a gentle, non-irritating exfoliant that removes dead skin cells and surface debris to refresh and smooth your complexion. Perfect for dull, coarse, or congested skin, this treatment restores radiance and promotes a healthy glow without irritation.

Exuviance Facials

60 min Hydrating Facial

R950

A luxurious and relaxing hydrating facial that revives dehydrated, sensitive skin. Expect a soft, smooth glow and that “well-rested” look. Deeply nourished, never heavy

60 min Calming Facial & Peel

R1100

A calming facial peel which gently exfoliates the skin. Revealing a brighter and smoother complexion. It helps to remove dead skin cells and help unclog pores, while also providing a relaxing experience.

60 min Revitalising Facial & Peel

R1100

An effective way to refresh and rejuvenate the skin. Exfoliates dead skin cells to improve skin texture and reveal a brighter and more youthful complexion. With its gentle yet powerful formula, it is suitable for all skin types.

60 min Brightening Facial & Peel

R1550

This advanced professional strength peel designed to exfoliate and improve the appearance of fine lines and wrinkles, plump and firm the skin, while promoting a bright, even and clear complexion. Contains soothing ingredients to help soothe the skin.



DERMAPEN 4™ MICRONEEDLING

A refined microneedling treatment using the world-leading Dermapen 4™ to visibly smooth texture, improve firmness, and enhance overall skin radiance. Customised to your skin's needs for elegant, results-driven rejuvenation.

60 min	Microneedling Face	R1700
65 min	Microneedling Face & Neck	R1900
70 min	Microneedling Face , Neck & Decollete	R2100

DERMAPEN 4™ MICRONEEDLING & UBER PEEL

An elevated Dermapen 4™ experience enhanced with the Uber Peel to refine texture, boost luminosity, and improve skin clarity. Ideal for clients seeking brighter, more polished looking skin with minimal downtime.

60 min	Microneedling Uber Peel Face & Neck	R2400
70 min	Microneedling Uber Peel Face , Neck & Decollete	R2600

DERMAPEN 4™ MICRONEEDLING & MESO-GLIDES

A targeted Dermapen 4™ treatment paired with specialised meso-serums, selected to address concerns such as acne, pigmentation, or visible ageing. Precision focused skin renewal, beautifully tailored.

60 min	Microneedling + Meso Serum	R2300
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DERMAPEN 4™ MICRONEEDLING & EXOSOMES

Our **most advanced** microneedling treatment. Dermapen 4™ combined with regenerative exosomes to enhance skin recovery, vitality, and overall refinement. Designed for clients seeking next level skin rejuvenation with premium results.

60 min	Microneedling + Exosomes*	R3100
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Must be professionally paired with Exo-skin Homecare priced at R4895





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Embrace your Bliss

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