

BEAUTY WITH A CONSCIENCE

ELEGANCE WITH A PURPOSE



POSH & BLISS

NAIL & BEAUTY SALON

Signature Skincare Programmes

Facials

Manicures

Pedicures

Massages

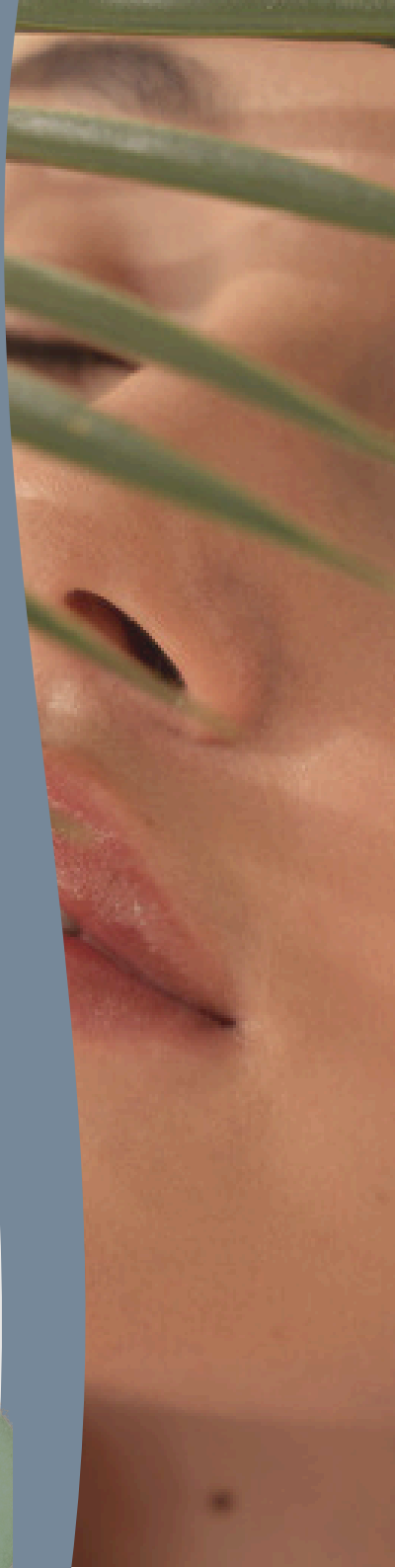
Waxing & Tinting

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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 Skin Care Programme & enjoy 10% off any retail items purchased

	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="0" style="width: 100%;"> <thead> <tr> <th></th> <th style="text-align: right;">Min</th> </tr> </thead> <tbody> <tr> <td>Skin Revision Facial</td> <td style="text-align: right;">90</td> </tr> <tr> <td>Dermapen 4™ Microneedling</td> <td style="text-align: right;">60</td> </tr> <tr> <td>Customised Revitalising Facial</td> <td style="text-align: right;">60</td> </tr> <tr> <td>Dermapen 4™ Microneedling</td> <td style="text-align: right;">60</td> </tr> <tr> <td>Glow Facial</td> <td style="text-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="0" style="width: 100%;"> <thead> <tr> <th></th> <th style="text-align: right;">Min</th> </tr> </thead> <tbody> <tr> <td>Skin Revision Facial</td> <td style="text-align: right;">90</td> </tr> <tr> <td>Dermapen 4™ Microneedling + MG</td> <td style="text-align: right;">60</td> </tr> <tr> <td>Customised Revitalising Facial</td> <td style="text-align: right;">60</td> </tr> <tr> <td>Dermapen 4™ Microneedling + MG</td> <td style="text-align: right;">60</td> </tr> <tr> <td>Brightening Facial</td> <td style="text-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="0" style="width: 100%;"> <thead> <tr> <th></th> <th style="text-align: right;">Min</th> </tr> </thead> <tbody> <tr> <td>Skin Revision Facial</td> <td style="text-align: right;">90</td> </tr> <tr> <td>Dermapen 4™ Microneedling + Exo</td> <td style="text-align: right;">60</td> </tr> <tr> <td>Customised Revitalising Facial</td> <td style="text-align: right;">60</td> </tr> <tr> <td>Dermapen 4™ Microneedling + Exo</td> <td style="text-align: right;">60</td> </tr> <tr> <td>Brightening Facial</td> <td style="text-align: right;">60</td> </tr> <tr> <td>Restoration Facial</td> <td style="text-align: right;">60</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	60
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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.





Dermaplaning

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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At Posh and Bliss, we didn't choose the eco-friendly route because it was trendy, we chose it because it's the right way to care for people. Every treatment, every product, every small detail is chosen to be kind to your skin and gentle on the planet. We believe beauty should feel good, look good, and do good. That's the experience we create here, honest, elegant, and deeply considered.

OUR PROMISE

- Vegan & Cruelty-Free: Because compassion is beautiful.
- Non-Toxic & Clinically Clean: Because your health is paramount.
- Sustainable & Conscious: Because luxury should never cost the Earth.



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Luxury MANICURES

**35
min**

Express Posh Mani

R260

Instant elegance for busy lifestyles. Shape, buff, intricate cuticle care technique, a shine or matt finish with our signature clinically clean precision. This Mani is done exclusively on natural naturals.

**35
min**

Russian Mani

R300

Enjoy the luxury of a manicure that goes beyond surface beauty. This technique is a dry mani technique that uses the precision of an e-file to perfect your manicure with a flawless finish and an indulgent massage.

**45
min**

Bliss Mani

R360

Feel renewed and radiant. Complete nail treatment with exfoliation, refreshing hand soak, cuticle care and an indulgent massage for a flawless finish.

**60
min**

Royal Retreat Mani

R500

Sink into serene indulgence. Luxury soak, intensive hand therapy, signature massage, cuticle perfection, and premium polished finish.

**65
min**

Radiance Rejuvenation Mani

R550

Reveal smoother, younger-looking hands while indulging in pure relaxation. This Anti-Aging nail treatment leaves every detail polished, nourished, and glowing

**90
min**

Signature Anti-Aging Mani

R2200

Turn back time for your hands. Using Dermapen 4 microneedling, micro-channels are created to stimulate collagen and elastin, visibly softening fine lines and restoring firmness. Infused with meso-glides, the skin receives targeted peptides, antioxidants, and hydrating actives that combat signs of aging and replenish vitality. The result is smoother texture, brighter tone, and youthful radiance. Finished with expert shaping, cuticle care and shine, this manicure delivers both elegance and age-defying renewal. (Uber Peel + R200). Multiple sessions recommended for optimal results.

SUGGESTED ADD-ONS

Gel Polish

+ R150

Nail Polish

+ R100



NAILS *Hands*



OVERLAY

Nail Polish	R300
Gel	R365
Rubber Base	R330
BIAB	R420

SOAK OFF

Buff Off with Refill	R60
Soak Off Only	R170
Soak Off with Posh Mani	R270

NAIL EXTENTIONS (Builder gel/ Acrygel / Acrylic)

Short	R485
Medium	R580
Long	R700
Extra-long	R850
For extra-short/compromises nails	+ R100
Add Gel Polish	+ R100

NAIL REINFORCEMENT (To strengthen weak/brittle nails)

Short	R450
Medium	R520
Long	R660
Add Gel Polish	+ R100

NAIL REFILL * (Only applicable for nails that have been extended or reinforced)

Week 1	R300
Week 2	R350
Week 3	R400
Week 4	R450
Add Gel Polish	+ R100

*Max 3 refills, then a new set is advised.



NAILS *Hands*



ADD-ONS

Extended Hand Massage	+ R80
Express Russian Mani	+ R100
Bliss Mani Upgrade	+ R145
Paraffin Dip	+ R180
Royal Retreat Mani	+ R285
Royal Radiance Mani	+ R335



NAIL Art Hands & Toes

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Why settle for plain when you can make your nails pop? Our Nail Art Add-On is the perfect way to elevate your look and express your unique style.

French/Chrome/Cat-Eye/Ombre **R 100**

Basic Nail Art <4 **R15/nail**

Basic lines, dots, glitter, simple flowers, stickers, foil, etc

Basic Nail Art > 4 **R140**

Basic lines, dots, glitter, simple flowers, stickers, foil, etc

Designer Nail Art <4 **R25/nail**

Marble, isolated chrome, intricate designs, rhinestones etc

Designer Nail Art >4 **R 230**

Marble, isolated chrome, intricate designs, rhinestones etc

Advanced Nail Art <4 **R40/nail**

3D Art, many rhinestones, incapsulated glitter, advanced art designs

Advanced Nail Art >4 **R 370**

3D Art, many rhinestones, incapsulated glitter, advanced art designs

Bespoke Nail Art (per nail) **R60**

Handcrafted bows or tailored designs

If you are unsure, please WhatsApp/ email your design or inspo pic in advance for accurate costing.

NAIL Repair Hands & Toes

Natural Nail **R35/nail**

Gel Nail **R55/nail**

Hard Gel/Acrygel/Acrylic **R75/nail**



Pamper

PEDICURES

Suggested Add-Ons

30 min	Gel Polish	+ R150
30 min	Nail Polish	+ R100
20 min	Paraffin Dip	+ R180

35 min

Posh Pedi

Stride through your day with renewed spring in your step. Essential foot care with shape, buff, cuticle care, and a matt or shine finish. Exclusively for treatment on natural nails.

60 min

Russian Pedi

Reveal healthier, smoother nails. This is a dry pedi technique using an e-file to clean and remove excess cuticle skin around the nail bed, along with gentle filing and the removal of dead skin cells on the foot and an indulgent massage. Experience the ultimate clean and refined look.

45 min

Bliss Pedi

Feel stress melt away as rough patches disappear. Complete comfort featuring exfoliation with a foot soak, dead skin cell and callus removal, massage therapy, and a flawless finish.

20 min

Smooth Heel Treatment (excl. Pedi)

Deeply softens and rejuvenates your heels for silky-smooth skin.

60 min

Lux Waterless Pedi (Medical Grade)

Melt all your stress away. Featuring expert nail shaping and filing, radiant buffing for a natural glow or sleek top coat (glossy or matte), meticulous cuticle care, rejuvenating foot exfoliation, callous softening, a nourishing foot mask, and an extended massage.

60 min

Royal Retreat Pedi (Medical-grade)

Surrender to complete relaxation as every ache vanishes. Luxury soak, intensive treatment to exfoliate the feet, soften callouses ending off with signature massage, and perfect polished finish.

60 min

DMK's MEDIPEDI™ Advanced Foot Treatment

Experience a non-invasive pedicure designed for diabetics and those seeking effective, skin-safe foot care. Medically designed for callous softening and silky smooth feet.

R260

R360

R380

R220

R550

R600

R700





NAILS *Toes*

SOAK OFF

Buff Off with Refill	R60
Soak Off Only	R170
Soak Off with Posh Pedi	R280

OVERLAY

Nail Polish	R265
Gel	R330
Acrylic/Polygel Gel Toes	R420



Bambino **NAILS**

Lollipop Mani

Includes gentle shaping, sparkle-smooth buffing or a natural glow and a lotion rub that feels like a cuddle.

MANI

PEDI

R230

R230

Sparkle Mani

Includes gentle shaping, sparkle-smooth buffing for a natural glow, plus a magic soak, fairy sugar exfoliation, and a lotion rub that feels like a cuddle.

R300

R340

Unicorn Magic Mani

Gentle filing and buffing to make your nails look neat and shiny. A quick fairy touch for healthy, happy cuticles. A magic soak and creamy, dreamy mask that makes your skin feel like velvet. Fairy sugar exfoliation and a dreamy massage with marshmallow rich lotion to keep your skin glowing and giggle-soft.

R400

R500

All Bambino packages includes a buff and shine or Nail Polish

Waxing

FACE	Females	Males
Eyebrows	R120	R 95
Nostrils	R60	R 70
Ears	R60	R 70
Chin	R 110	R 125
Upper Lip	R 100	
Sideburns/Cheeks	R 140	
Neck	R 100	
Full Face (excl. Neck)	R 350	
Full Face & Neck	R 400	
BODY		
Chest	R 185	R400
Stomach	R 170	R 385
Full Back	R 200	R 425
Underarms	R 200	R 280
Half Arms	R 215	R 250
Full Arms	R 285	R 320
Half Legs: Upper or Lower	R 260	R 285
Full Legs	R 330	R 360

Waxing

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DOWN BELOW

	Females	Males
Bum Cheeks	R150	R300
Between the Cheeks	R150	R200
Brazilian	R240	
Bikini/Speedo Line	R220	R320
Hollywood (Everything off)	R360	

Tint

	Females	Males
Brow Tint	R130	R130
Eyelash Tint	R130	R140

COMBO'S

	Females	Males
Full Body Wax	R1500	R1800
Book 2 wax combos and get a 5% discount (excl. facial waxes)		
Book 3 wax combos and get a 10% discount (excl. facial waxes)		
Brow Wax & Tint	R230	R250
Brow Wax & Lash Tint	R230	R250
Brow Wax & Brow + Lash Tint	R330	R370



MASSAGES

FULL BODY

	60 min	90 min
Swedish Massage	R650	R900
Celestial Hot Stone Massage	R750	R1,050
GlowFlow Lymphatic Massage		R1,000
Deep Tissue Massage	R700	R1,050
Blissful Bump Pregnancy	R600	R850

*From 12 weeks of pregnancy.

BODY

Indian Head Massage	20 min	R280
Neck Massage	15 min	R115
Neck & Shoulders	25 min	R230
Back Massage	30 min	R340
Neck, Back & Shoulders	35 min	R400
Head Neck, Back & Shoulders	40 min	R500



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