

Massages

The most popular of spa body treatments as well as the most effective method to treat musculoskeletal neck and back pain.

Therapeutic Massage - Classic techniques to improve flexibility, soothe aching muscles and release tension to promote a profound sense of relaxation.

(30 min = \$35) (60 min = \$60) (90 min = \$85)
Deep Tissue Add: \$10

Manicure/Pedicure

Spa Manicure - A relaxing hand and nail experience consisting of a cuticle treatment, a moisturizing soak, massage, nail shaping, buffing and an application of polish. \$27
French Manicure \$32

Spa Pedicure - A refreshing foot treatment that consists of a massaging soak, smoothing the feet and shaping the nails, an exfoliating massage, moisturizing and a polish application. \$35
with No Polish..... \$30

Polish Change Only \$7
Shellac Manicure Soak Off Only \$15

Aesthetic Procedures

A Personalized Skin Care Plan

Dysport Injections - Can relax dynamic wrinkles (caused by facial muscle tension) for up to six months. It takes only minutes to have the procedure and it is a safe, quick way to temporarily rejuvenate the face.

Full Spectrum of Laser Treatments - Includes permanent reduction of unwanted hair, age spots, spider veins and other lesions. Wrinkle reduction and skin rejuvenation are accomplished with non-ablative lasers.

Spa Hours & Goods

Spa Hours:
Tuesday - Friday 10 am - 6 pm
Saturday 9 am - 3 pm

Spa Gift Certificates:
Give the ultimate gift of wellness and pampering. Gift certificates can be used for treatments and/or products.

Spa Products:
We offer outstanding skin care products from Dermalogica, CosMedical, Glo Minerals Makeup and more!

Posh Day Spa



*To Maintain
Health & Beauty*

*1021 Indiana Avenue
La Porte, IN 46350*

(219) 324-9624

PoshLaPorte.com

Our therapeutic treatments focus on restoring you to optimum skin health and total body wellness.

Skin Care

Posh Facial - This fully customized European treatment includes deep cleansing, exfoliation, massage and masque to leave skin soft, supple and glowing. Includes hand, arm and shoulder massage.
60 minutes \$65

Express Facial - For the person on the go or a teen needing to get started on proper skin care to avoid problems with acne and environmental damages. This mini facial will help you take your best steps to care for your skin. Great for guys too!
30 minutes..... \$35

ReVITAL Eyes - A pressure point massage and hydration that will eliminate puffiness, diminish dark circles and reduce fine lines. Can be added to any facial for additional \$10.\$25

Dermaplane Facial - The ultimate in skin resurfacing! Gently remove dead skin cells to promote cellular renewal and provide even skin tone and radiance. Benefits include: reduction of minor to moderate early aging fine lines, removal of fine vellus hair (peach fuzz), enhanced penetration of carefully chosen topical products, allows for better makeup application and overall rejuvenation of skin health.....\$50

Back Facial - Deep cleansing, exfoliation, extractions, a stress relief massage with essential oils, and a customized masque to leave you relaxed and your skin clean and radiant. \$60

Laser Treatments

IPL (Intense-pulsed-light) - An IPL Photofacial can treat a variety of skin conditions such as brown spots, broken capillaries, spider veins, and facial redness. An IPL Photofacial delivers a bright blast of light at very high energy levels through a hand-held device. \$70

Laser Hair Reduction - Offers a gentle, non-invasive and long-lasting solution to unwanted hair on the face, back, legs, bikini-line, underarms or other body area.
Call to make your appointment for a consultation and pricing.

Spa Body Therapy

Body Polish - The body is gently massaged with mineral salts to buff away dull surface cells, followed by an application of moisturizer to leave you silky smooth and radiant. \$60

Tinting

Lash or Brow Tinting - Lash color available in black. If your lashes are already dark, tinting will not impact your look noticeably. Unlike mascara, tinting adds no length or thickness. Brow colors range: Blonde, Brunette, Black. \$20

Waxing

Brows	\$15
Lip	\$15
Cheeks	\$20
Back or Chest	\$50
Underarms	\$20
Arms	\$25
Bikini	\$25
Half Legs (includes knees)	\$50
Full Legs	\$70
Brazilian	\$60

Posh Packages

Spa Interlude - This “pick me up” is a perfect remedy for the busy lifestyle. This package includes an express facial, one hour body massage, and a mini manicure and pedicure. \$115

Spa Sanctuary - Escape from a stressful life with a detoxifying full body scrub followed by a 30-minute massage, an express facial and a mini manicure and pedicure. \$140

Spa Indulgence - Experience nirvana with this deluxe package including a body polish, one hour body massage, European facial with revitalizing eye masque, and spa manicure and pedicure. A delicious and healthy lunch is also included. (not available on Saturdays) \$250