

Self-Care in the Area

Hair Salons

Nicholas J Salon and Spa –

Eddy St. Commons

1251 Eddy St., Suite 108

South Bend, IN 46617

574-233-0700



Salon Rouge

2027 South Bend Avenue

South Bend, IN 46637

574-271-8804



Salon Nouveau

1733 North Ironwood Dr.

South Bend, IN 46635

574-277-6767

7220 Heritage Square Suite 530

Granger, IN 46530

574-272-6767

321 South Main St. Suite 101

South, Bend, IN 46601

574-221-6067



Hair Crafters – Day Spa Salon


602 Lincoln Way East

South Bend, IN 46601

574-288-2448



Cheveux Hair Salon
1315 Mishawaka Ave
South Bend, IN 46615
574-234-1455



Nail Salons

Best Nail Spa
906 Erskine Plaza
South Bend, IN 46614
574-291-9999



Le Nail
University Park Mall – Next to JCPenny
574-273-0306




C & K Nails
Indian Ridge Plaza – 5806 Grape Rd.
Mishawaka, IN 46545
574-243-5544




Massage Locations

Therapeutic Indulgence – Massage & Wellness Center
903 E. Jefferson Blvd.
South Bend, IN 46617
574-520-1664



Rachael T Massage & Essential Oils
616 E. Colfax Ave.
South Bend, IN 46617
574-344-3664




Massage Envy – University Park Mall

6501 N Grape Rd. Ste 1125

Mishawaka, IN 46545

574-272-3689




South Bend Massage and Healing

115 N. William St.

South Bend, IN 46601

574-261-8500




Recreation

St. Patrick's County Park

50651 Laurel Rd

South Bend, IN 46637

574-277-4828




East Race Headquarters

126 N Niles Ave

South Bend, IN 46617

574-233-6121




Potawatomi Pool

2000 Wall Street

South Bend, IN 46615

574-235-9438



Potawatomi Zoo

500 S Greenlawn Ave

South Bend, IN 46615

574-235-9800