



Helen initially trained in Beauty Therapy at the London College of Fashion graduating with The Higher Diploma in beauty therapy and business studies in 1981. She has since worked at home and abroad in a variety of prestigious salon and clinic based practices and has to date over 30 years experience in health; holistic and aesthetic industries. She is a lecturer of Anatomy and Physiology and assessor of beauty therapies. Helen has developed her clinical treatments including aesthetic skin treatments using cosmeceutical skin care; aromatherapy and more recently graduating as a CranioSacral Therapist from The Institute of CranioSacral Studies in 2008.

Helen is passionate about incorporating all the knowledge she has gained over the years and excited about being able to offer all her skills, as a professional aesthetic skin care professional; holistic beauty therapist and as a cranio sacral therapist.