

About us

With 22 years in the industry, HB Therapy is credited for our professionalism and knowledge with every service we provide. We take a holistic approach and use non-toxic skincare products in all of our treatments.

HB Therapy is a holistic haven, made to pamper you and let you drift away from the outside world. Whether you're enjoying our popular Holistic Massage or simply having an eyelash tint, you'll be sure to leave feeling relaxed and rejuvenated.

Rent our rooms

Looking for a wellness room? Here at HB Therapy, we have beautiful, well kept rooms ready for you to hire! Enquire now via our email, hbtherapy@hotmail.co.uk

Party Hire

We also provide packages for birthdays and hen parties! Why not celebrate with pampering for you and your guests?

For more information contact us via our email, hbtherapy@hotmail.co.uk

Share the love...

Spread the love & share your experience with us! Leave a Google review & help us continue providing exceptional service to amazing customers. Your feedback means the world to us! search for HBTherapy & HBTherapy Forest Hill on Google.

East Dulwich Opening Hours

Monday	10:00am - 7:00pm
Tuesday	10:00am - 7:00pm
Wednesday	10:00am - 8:00pm
Thursday	10:00am - 8:00pm
Friday	9:00am - 6:00pm
Saturday	9:00am - 6:00pm
Sunday	Closed

Forest Hill Opening Hours

Monday	10:00am - 7:00pm
Tuesday	10:00am - 7:00pm
Wednesday	10:00am - 8:00pm
Thursday	10:00am - 8:00pm
Friday	10:00am - 6:00pm
Saturday	10:00am - 6:00pm
Sunday	Closed

HB Therapy Locations

8 Melbourne Grove, London, SE22 8QZ, 020 8693 3773

21 Perry Vale, London, SE23 2NE, 020 8699 6382

hbtherapy@hotmail.co.uk

www.hb-therapy.co.uk

HB THERAPY
WWW.HB-THERAPY.CO.UK

Your local Holistic & Beauty Hub.

Waxing

Lower Leg	£27.50
Upper Leg	£30.00
3/4 Leg	£29.00
Full leg	£39.50
Sideburns	£10.00
Lip or Chin	£14.00
Lip & Chin	£18.50
Lower back	£15.00
Abdomen	£15.00
Underarm	£17.00
Half arm	£19.00
Full arm	£26.00
Back or Chest	£37.00
Back & Chest	£45.00

Lycon Bikini	£20.00
Lycon High Bikini	£24.00
Half Leg & Lycon Bikini	£41.00
Half Leg & Lycon High Bikini	£43.00
Full leg & Lycon Bikini	£55.00
Full Leg & Lycon High Bikini	£57.00
Lycon Lip	£15.00
Lycon Underarm	£18.00
Lycon Brazilian	£47.50
Lycon Hollywood	£49.00
Half Leg & Lycon Brazilian	£66.00
Half Leg & Lycon Hollywood	£69.00
Full leg & Lycon Brazilian	£78.00
Full Leg & Lycon Hollywood	£82.00

Leg waxing will be done with strip wax for the combination treatments.

Laser Hair Removal

Laser hair removal available. Call us for pricing & more information.

Back Cleanse	£65.00
Express Body Polish	£55.00
Luxe Body Polish	£95.00

Radio Frequency Tightening (ED)

Legs Tightening	£125.00
Arms Tightening	£100.00
Stomach Tightening	£125.00
Buttocks Tightening	£100.00

For best results of RF technology, we recommend a course of 6-8 treatments. Book a consultation to decide the best plan for you.

Massage

<u>Holistic Massage</u>	
30 mins	£51.00
45 mins	£64.00
60 mins	£72.00
75 mins	£85.00

<u>Deep Tissue Massage</u>	
30 mins	£57.00
45 mins	£65.00
60 mins	£79.00

<u>Pregnancy Massage (ED)</u>	
70 mins	£79.00
35 mins	£55.00

<u>Hot Stone Massage</u>	£90.00
<u>Tibetan Head Massage (35 mins)</u>	£55.00

+ 10 mins with massage gun can be added to any massage £15.00

<u>Wood Therapy - Slimming & Drainage Massage</u>	
Upper Body	£85.00
Lower Body	£85.00

For best results of Wood Therapy, a course of 10 treatments is recommended.

Pay for a package of 8 (£680) and receive 2 free, plus a complimentary session of RF at the end of the course.

Reflexology

Foot/Facial Reflexology available. Call us for pricing & more information.

<u>PureHydro Facials</u>	
90 mins	£185.00
60 mins	£140.00
30 mins	£95.00
Neck only	£65.00
Eyes only	£60.00
Pure Lift & Firm Facial	£110.00

<u>Isclinical Facials</u>	
Fire & Ice Standard	£110.00
Fire & Ice Luxury	£175.00
Signature Enzyme Facial	£90.00
Hydra Fusion Facial	£140.00
Deep Cleansing Purity Facial	£70.00
Bespoke Facial	£125.00
Pure Relaxation Facial	£85.00

+ 10 mins back massage can be added to any facial £15.00

Facials

Tan

<u>Sunbed (FH)</u>	
6 mins	£6.00
9 mins	£9.00
12 mins	£12.00
Vita Liberata Spray Tan (ED)	£31.50

ED = East Dulwich salon only FH = Forest Hill salon only

Lashes & Brows



Eyebrow Tint	£14.50
Eyelash Tint	£23.50
Lash & Brow Tint Package	£35.00

LVL Lash Lift	£64.00
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HD Brow Lamination ONLY	£42.00
HD Brow Lamination with Shape & Tint	£62.00

Express Manicure	£23.50
Manicure	£27.00
Express Pedicure	£25.00
Pedicure	£40.00
File & Polish (Hands or feet)	£19.00

Gel File & Polish (Hands or feet)	£35.00
Gel Manicure	£44.00
Gel Pedicure	£47.00
Soak Off Only	£15.00
Soak Off with a service	£8.00

Bio sculpture Gel Manicure (FH)	£37.00
Bio sculpture Gel Pedicure (FH)	£45.00