

About us

With 24 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.

Total Wellness Sundays

We are excited to announce the launch of our monthly Wellness Sundays. These events will feature a variety of offerings, including treatments, guided meditations, and collaborations with local health and wellness brands, among other activities. For more information about upcoming events, please enquire via email or follow us on social media.

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 provide packages for birthdays and hen parties! Why not celebrate by pampering you and your guests? For more information enquire via email - hbtherapy@hotmail.co.uk

East Dulwich Opening Hours

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|-----------|------------------|
| 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

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|-----------|------------------|
| 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 - 5:00pm |
| 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



YOUR LOCAL HOLISTIC & BEAUTY HUB.



@hbtherapy



@TherapyHBLondon

R.F

Hot Wax

Waxing

| | |
|------------------------------|---------------|
| Lower Leg | £29.50 |
| Upper Leg | £35.00 |
| 3/4 Leg | £33.00 |
| Full leg | £43.00 |
| Sideburns | £10.00 |
| Lip or Chin | £14.00 |
| Lip & Chin | £18.50 |
| Face | £25.00 |
| Lower back | £15.00 |
| Abdomen | £20.00 |
| Underarm | £18.00 |
| Half arm | £25.00 |
| Full arm | £29.00 |
| Back or Chest | £40.00 |
| Back & Chest | £47.00 |
| Lycon Bikini | £22.00 |
| Lycon High Bikini | £25.00 |
| 1/2 Leg & Lycon Bikini | £45.00/£50.00 |
| 1/2 Leg & High Bikini | £47.00/£55.00 |
| Full leg & Lycon Bikini | £57.00 |
| Full Leg & Lycon High Bikini | £59.00 |
| Lycon Lip | £15.00 |
| Lycon Underarm | £19.00 |
| Lycon Brazilian | £49.00 |
| Lycon Hollywood | £51.50 |
| 1/2 Leg & Lycon Brazilian | £71.00/£71.00 |
| 1/2 Leg & Lycon Hollywood | £75.00/£75.00 |
| Full leg & Lycon Brazilian | £80.00 |
| Full Leg & Lycon Hollywood | £82.00 |

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

Laser Hair Removal (ED)

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

Radio Frequency Tightening (ED)

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| 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.

Body

Facials

Massage

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| <u>Holistic Massage</u> | |
| 30 mins | £55.00 |
| 45 mins | £67.00 |
| 60 mins | £72.00 |
| 75 mins | £85.00 |

Deep Tissue Massage

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| 30 mins | £57.00 |
| 45 mins | £69.50 |
| 60 mins | £79.00 |

Pregnancy Massage (ED)

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| 35 mins | £55.00 |
| 45 mins | £67.00 |
| 70 mins | £79.00 |

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| Hot Stone Massage (75 mins) | £90.00 |
| Indian Head Massage (35 mins) | £55.00 |

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

PureHydro Facials (ED)

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| 60 mins | £170.00 |
| 30 mins | £100.00 |
| Pure Lift & Firm Facial | £120.00 |
| Neck only OR Eyes only | £ 65.00 |

Isclinical Facials

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| Bespoke Facial | £150.00 |
| Hydra Fusion Facial | £140.00 |
| Fire & Ice Luxury | £200.00 |
| Fire & Ice Standard | £100.00 |
| Signature Enzyme Facial | £ 90.00 |
| Signature Spa Facial | £ 85.00 |
| Deep Cleansing Purity Facial | £ 70.00 |
| LED Mask | £ 65.00 |

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

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| Back Cleanse | £ 65.00 |
| Express Body Polish | £ 55.00 |
| Luxe Body Polish | £ 95.00 |
| Ultimate Unwind Treatment - Facial & Massage Combo | £100.00 |

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

Tan

Lashes & Brows



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| Eyebrow Tint OR Shape (ED) | £15.50 |
| Eyebrow Tint OR Shape (FH) | £14.50 |
| Eyebrow Tint AND Shape | £29.00 |
| Eyelash Tint | £27.00 |
| Lash & Brow Tint Package | £35.00 |
| LVL Lash Lift (Tint Incl.) | £65.00 |
| HD Brow Lamination ONLY | £42.00 |
| HD Brow Lamination + Shape & Tint | £62.00 |

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| Express Manicure OR Menicure | £25.00 |
| Manicure | £30.00 |
| Deluxe Manicure | £39.00 |
| Express Pedicure | £30.00 |
| Pedicure | £43.00 |
| Deluxe Pedicure | £50.00 |
| File & Polish (Hands or feet) | £19.00 |

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| Gel File & Polish (Hands or feet) | £35.00 |
| Gel Manicure | £45.00 |
| Gel Pedicure | £49.00 |
| Soak Off only (our service) | £15.00 |
| Soak Off with a service | £ 8.00 |
| Soak Off (not our work) | £25.00 |

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| Bio sculpture Gel Manicure (FH) | £47.00 |
| Bio sculpture Gel Pedicure (FH) | £52.00 |

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| <u>Sunbed</u> (FH) | |
| 6 mins | £ 6.00 |
| 9 mins | £ 9.00 |
| 12 mins | £12.00 |
| Vita Liberata Spray Tan (ED) | £37.50 |