

BARE BEAUTY

The founder of Bare Beauty in North Berwick, Helen Mulloy Reid, is a beauty and holistic body therapist, make-up artist and yoga teacher. She tells us about her exciting new business and her passion for health and well-being.

Well-being has always been an important part of my life. From what I eat to how I take care of myself, I've embraced healthy living. I believe that investing time and energy in your health reflects outwardly, promoting a positive vibe that everyone around you benefits from.

I have always been passionate about promoting a holistic approach to caring for your body, which is why I opened Bare Beauty in North Berwick. I offer a personalised well-being service for men, women and teens, with my beauty and body treatments ranging from facials, scrubs, and massages to holistic therapies, all using organic, natural and vegan products.

My clients have the benefit of experiencing the treatments on a one-to-one basis with no other staff or customers around. This means they get a private, personal service, which is particularly reassuring while we're all social distancing.



I'm always really interested in how my clients live their life, offering tips, pointers, and advice to help them, particularly regarding skin care. Your skin can reflect what's going on inside your body, and women often have to deal with things like adult onset acne, rosacea, hormonal breakouts and menopausal effects, so I'm here to help with those.

I am continually evolving the business, and my most recent addition to the treatment list

is yoga and facial yoga, which my clients are loving. I source gorgeous boutique brands, and I'm currently awaiting delivery of a vegan gel nail brand from New York that I can't wait to use in the beauty studio. There's also a fabulous new skin and body care brand arriving soon.

It's a well-worn cliché that your health is your true wealth, but it's true. Particularly in these trying times, it's important to take care of yourself, inside and out, and to carve out time that's just for you. At Bare Beauty, I'm aiming to help my clients do exactly that.



Helen at Bare Beauty offers a tempting range of beauty and body treatments using carefully chosen organic, natural and vegan products



GET IN TOUCH TO BOOK AN APPOINTMENT OR FIND OUT MORE

HELLO@BAREBEAUTY THERAPY.CO.UK WWW.BAREBEAUTY THERAPY.CO.UK
19C LAW ROAD NORTH BERWICK EH39 4PT 07986 863 797