



CLARE HUGHES

Beauty Therapist & Sports Masseur

PERSONAL STATEMENT

I have been a part of the beauty therapy industry for almost eight years, and during that time I have amassed a great amount of experience in therapeutic and sports massage, as well as the many beauty treatments St. Georges offers, such as eyelash treatments and waxing.

I am especially passionate about the benefits of sports massage and it is incredibly fulfilling to see the results of my clients as they progress to being fully fit again. Sports massage is an effective and beneficial treatment for reducing muscle pain and tension, increasing range of movement, improving scar tissue, and speeding up muscle recovery.

SPECIALITIES

- Sports Massage
- Therapeutic and Indian Head Massage
- Eyelash Treatments
- Alpha H
- Elemis Face & Eyes

MAIN QUALIFICATIONS

- Beauty Therapy NVQ levels 2 & 3
- Sports Massage NVQ level 3

ETHOS

I am a friendly and passionate perfectionist, and apply this attitude to every treatment I perform; my first priority is always to ensure you receive an experience that wholly meets your expectations, and conveys my enthusiasm for improving your wellbeing. I am a huge believer in tailoring my treatment style to your wishes – since, no two clients are the same - and fully understanding your needs through constant reciprocal feedback before, during, and after treatment.



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