

NEWS

There's a woman living in Bristol Marina who cleanses the female anatomy with herbs

Once a finance officer in Portsmouth, Helen Hatton moved to Bristol 11 years ago and she's never looked back

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Helen Hatton lives in her boat the Miss Daydreamer, which is moored in Bristol Marina(Image: James Beck/Freelance)

A woman who quit her job to stay in a boat and perform spiritual healing has described her quirky life in [Bristol Marina](#).

Helen Hatton, 55, moved from Portsmouth in 2008 after purchasing a Norfolk Broads cruiser called the Miss Daydreamer.

She said: “I’ve been here for 10 years and I’ll be here for another 10 years - I love it here.”

Back in Portsmouth, Helen was working as a finance officer responsible for processing [EU grant funding](#).



Homely touches at the entrance to the Miss Daydreamer(Image: James Beck/Freelance)

But everything changed when she was invited on a sailing holiday in Bristol and made friends who lived in the marina.

On a later visit to those friends, she was told a boat had come up for sale - and her interest was piqued.

“We went to have a look and I gave it lots of thought overnight and so I [bought] it the next day,” said Helen.

And thus began a passionate love affair with the 36-foot Miss Daydreamer, a fibreglass vessel built in 1978 and now occupying a central mooring in the marina.

After more than a decade in her floating home, Helen has no regrets about her choice of dwelling.



Helen Hatton, looking out across the water, loves the marina community(Image: James Beck/Freelance)

“There was an option to move to another boat, but this is the boat for me - I love this one,” she said.

The vessel boasts a comfortable living room, a bedroom, a bathroom and a kitchen and study area.

“There’s a lot of space on the boat, really,” said Helen. “I don’t need to restrict myself in the way I expected I would.”

Among the most vital pieces of furniture in Helen’s home is her fold-away treatment table, used in her capacity as a practitioner of reiki and ‘goddess healing’.

Helen said: “I love that we’re now getting much more accepting and placing some importance on our mental health - we’re not just physical bodies. Emotionally and spiritually, we need to look after ourselves.”



Helen Hatton, next to her fold-out treatment table for reiki and spiritual healing sessions(Image: James Beck/Freelance)

One increasingly popular treatment offered by Helen is called yoni steaming, which focuses on a woman’s private parts.

“You have a bowl with lots of herbs with various properties and then the lady will spend time sitting over the bowl,” Helen explained, adding: “I’ve done a couple of yoni steamings this week and it’s beautiful.”

Yet while Helen’s line of work may differ significantly from the jobs of other boat dwellers, there are some aspects of marina life shared by all, including the views.

“It’s beautiful,” Helen said, as she gazed across the water. “You can see the trees line the water’s edge away towards the Cottage Inn and just boats going by and people having fun.”

One the flipside, there are certain challenges to contend with, such as seagull droppings and, at times, the elements.

“You’re much more aware of the weather, said Helen. “In some regards it feels like camping. If you’ve got high winds and heavy rain you need ear plugs for sleeping.”



The 'backdoor' view from Helen Hatton's boat, the Miss Daydreamer(Image: James Beck/Freelance)

Keeping warm in the winter can sometimes be difficult too, she said, although electric heaters normally come to the rescue.

Asked how she would sum up living in the marina, Helen immediately praised the quality of her neighbours.

“I love the community here - it’s lovely. I love the diversity here and there’s a lovely acceptance here that I really like.

“People can join in things or they can’t and everyone is OK with that.”

When she's "much, much older" and perhaps less mobile, Helen said she would perhaps consider parting ways with the Miss Daydreamer - but for now she feels like she is living the dream.

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