

# URBAN

wellbeing

**Health, Hair, Beauty & Fitness all under one roof**

## Businesses in **URBAN** wellbeing

Ursulas Hair Boutique	3
Beauty By Agnes	5
Beauty Within - by Sharon	7
Skinsation Clinic	9
Bikram Hot Yoga Galway	11
Penny Jones Yoga	13
Combination Cooking - Nutrition & Dietary Clinic	15
Element Acupuncture	19
Access Harmony	21
Sense of Shiatsu - Wellbeing for Women	23
Elite Sports Mind Coaching	25
Patricia McMahon Holistic Therapy	27
Aisling Keogh: Counselling & Psychotherapy, Child Psychotherapy	29
Pump, Cardio, Core ...Aoife Droney	31



The **URBAN** wellbeing centre offers a 5\* Health, Hair, Beauty & Fitness Experience all under one roof. With easy access to the City Centre and ample free car-parking facilities, Urban Wellbeing is a completely new health & beauty concept designed specifically for the Galway Community.

Following the style of urban chic meets mystical East, this spectacular health-care centre integrates all your needs within a spacious, inviting & relaxing environment.



The team at **URBAN** wellbeing sets the ultimate standard in customer service. They strive for excellence and aim to deliver on every level, to exceed their client's expectations.





## Ursulas Hair Boutique

Ursula is a certified professional hair stylist with a focus in hair extensions, Colour & upstyle. I LOVE HAIR and I love the way hair extensions can transform your whole entire look. My aim is to make women feel more confident with the way they look ,while doing the job that I love and have loved doing for the past 20 years Ursula's HB team have years of training and an ability to listen and connect with our clients to give you the best service possible. We offer a complimentary consultation for all new customers.

### WASH , CUT & BLOW DRY

short	€30
medium	€35
long	€45
Restyle	€60

### WASH & BLOW DRY

short	€19
medium	€22
long	€25
Curls /add extra	€5

**UP-STYLE** from €35 - €60

**GENT CUT** from €12 - €15

### PPD & AMMONIA FREE ROOT COLOUR + BLOW DRY

short	€55
medium	€65
long	€75

With CUT add extra	€15
With few highlights add extra	€10

### PPD & AMMONIA FREE FULL COLOUR & BLOW DRY

short	€65
medium	€75
long	€85
With CUT add extra	€15
With few highlights add extra	€10

### BALEYAGE, OMBRE, SOMBRE with roots colour inc. BLOW DRY

FROM	€85-€100
With cut add extra	€15
with roots colour add extra	€20

### HIGHLIGHTS

Half head	€85-€100
Full head	€100-€150
With roots colour add extra	€20
With cut add extra	€15

### KERATIN TREATMANT (12 weeks blow dry)

short	€135
medium	€155
long	€175
With cut add extra	€15
Add Organic shampoo & mask	€27

### 100% Natural HAIR EXTENSIONS

Half head 50-60 hair strands from	€150
Full head 100-120 hair strands from	€350

Volume booster extensions from €80

### OLAPLEX + BLOW DRY

short	€40
Medium	€50
Long	€55
Signature Frizz free up to 8weeks blow dry from	€45

### HOURS OF OPERATION

Monday	10.00 - 6.00
Tuesday	10.00 - 6.00
Wednesday	10.00 - 6.00
Thursday	10.00 - 8.00
Friday	10.00 - 8.00
Saturday	9.00 - 5.00
Sunday	CLOSED

To make an appointment please contact us on 091 753 825

**CANCELTION POLICY** In order to accommodate all clients, we ask that you provide us with at least 24h notice if you need to cancel or reschedule your appointment

**View our Online Store:**  
<https://ursulashairboutique.ecwid.com>

### Contact Details:

**Tel:** (091) 753 825  
**Email:** ursulashbgalway@gmail.com  
**Web:** www.ursulashairboutiquegalway.com



## Beauty By Agnes

### EYE CARE

Eye brow tint	€8
Eye lash tint	€12
Eye brow wax	€10
Brow tint + ..wax	€16
EyeTRIO (Brow&Lash Tint,Brow Shape)	€25
3DBrows	€30
3D Brows Lash + Tint	€35

### THREADING

Eye brow	€15
Lip or Chin	€10
Lip & Chin	€18
Sides of Face	€15
Full Face	€40
Eyebrow thread + Tint	€18
Eye TRIO thread	€25

### MAKEUP

Make Up	€35
Make Up Lashes	€40
Full set occasional lashes	€15

Bridal MakeUp - Packages Available	
MakeUp Trial	€50

### NAIL TREATMENTS

File & Polish Colour	€12
File & Polish French	€15
Mini Manicure (30min)	€25
Spa Manicure (45min)	€35
File & Polish Toes Colour	€14
File & Polish Toes French	€17

### SHELLAC

Shellac Colour	€25
Shellac French	€25
Add on hardener	€5
Removal	€10

### GEL NAILS

Full Set	€45
Refills Colour/French	€38
GelOverlay	€40
Removals	€25
Repair1 Nail	€5
Nail Art from	€5
Swarovski (1 nail)	€5

### EYELASH EXSTENSIONS

Volume Lashes:	
2D/3D	€80
Refills (1 hour)	€50
4D/6D”Hollywood Effect”	€100
Refills (up to 3 weeks)	€60
Removal	€30

### PEDICURES

Pedicure + File & Polish	€45
Pedicure + Shellac	€60

### WAXING

Half leg	€16
Half leg + Bikini Line	€28
Half leg + Californian	€34
¾ Leg	€24
Full Leg	€30

Full Leg + Bikini Line	€40
Full Leg + Californian	€47
Bikini Line (Hot Wax)	€15
Californian	€22
Under Arm (Hot Wax)	€15
Half Arm	€15
Full Arm	€20
Lip/Chin	€8
Lip and Chin	€15



### Contact Details:

Agnieszka Mrowiec  
 Tel: 089 4823866  
 Facebook: Beauty By Agnes  
 Email: beautybyagnesgalway@gmail.com



Waxperts



Beauty Within  
by Sharon

## Beauty Within.....by Sharon

### WAXING

½ leg wax	€15
¾ leg wax	€25
Full leg wax	€30
Full leg & bikini	€38
Full leg & Californian	€45
Full leg & Brazilian	€55
Full leg & Hollywood	€65

### SPECIALISED WAXING

Californian	€25
Brazilian	€35
Ext Brazilian	€40
Hollywood	€45
Lip/chin wax	€8
Both	€12
Sides of face/neck	€8
Both	€12
Underarm wax	€10
½ arm wax	€15
Full arm wax	€25

### EYE CARE

Eye brow shape	€10
Eye lash tint	€12
Eye brow tint	€8
All 3 (eye trio)	€25
Hd brows	€30
(24hr patch test needed prior to waxing/ tinting)	

### MENS TREATMENTS

Chest/ back wax	€35
Manicure	€38
Pedicure	€45

### LASH TREATMENTS

Semi permanent lashes	€70 (1hr 15)
Refills	€45 (1hr)
Volume lashes 2-4D	€80(1hr30/2hr)
Refills	€55 (1hr)
Removal & lash tint	€30

### NAIL CARE

File & polish	€15
Mini manicure	€25
Luxury manicure with Shellac	€35
File & polish toes	€50
File & polish toes	€15
Mini pedicure	€30
Luxury pedicure with shellac	€45
	€60

### SHELLAC & GEL NAILS

Shellac fingers/toes	€25
Both	€45
Removal	€10
Full set gel nails	€45
Refills	€35
Gel overlays	€40
Removal	€25
Repair nail	€5
Gel toes	€35

### TANNING TREATMENTS

Full body tan	€30
½ body	€20
Next day top up	€10

### MAKE UP

Make up application	€30
Add occasional lashes	€10
Occasional lashes	€15
(Bridal party packages available)	

### OPENING TIMES

Sunday:	Closed
Monday:	Closed
Tuesday:	10am - 7pm
Wednesday:	10am - 7pm
Thursday:	10am - 9pm
Friday:	10am - 9pm
Saturday:	10am - 5pm

Gift vouchers available

*“True Beauty comes  
from Within”*

### Contact Details:

Sharon Conroy  
Tel: 087 2903883  
Email: Conroyshazar@yahoo.com  
Facebook: Beauty Within by Sharon



# SKINSATION

— SKIN AND BODY THERAPY —

## Skinsation Clinic

### IMAGE FACIALS

Taster Facial	€45
02 oxygen Facial	€75
Image Signature Facial	€80
Iluma brightening Facial	€80
Max stem cell Facial	€85

### IMAGE PEELS

Ormedic Lift	€80
Image signature facelift	€85
Image lightening lift	€85
Image wrinkle lift	€85
Image acne lift	€80

### JAN MARINI FACIALS

Jan Marini Customised Facial	€60
Vitamin C Brightening Facial	€70
Retinol Exfoliating Facial	€75
Express Facial	€45

### JAN MARINI PEELS

Glycolic peel	€80
Course of 3	€200

### REJUVAPEN MICRO-NEEDLING

Face	€150
Face & Neck	€170
Small Area	€80

*(Course Discounts Available)*

### SKIN REJUVENATION

Full Face	€130
Full Face & Neck	€150
Full Face, Neck & Chest	€190

Hands	€50
Small Area	€80

### IPL ACNE TREATMENT

Full Face	€75
Small Area	€40

### THERMAVEIN TREATMENTS

Thread vein removal	
Leg Spider veins removal	
Skin tag removal	
Milea removal	
<i>(Price on consultation)</i>	

### MASSAGE THERAPY

Martina is a qualified sports masseuse who specialises in deep pressure massage. Each Massage is tailored with heated bed, hot towels finishing with a neck, face and indian head massage.

Deep Pressure Massage	€50
Sports Massage	€50
Back Neck and Shoulder Massage	€30
Full Body Massage	€60
Relaxing Massage	€50
Indian Head Massage	€35

### HAIR REMOVAL Lycon Waxing | Laser

Upper Lip	€10	€30
Chin	€10	€40
Lip & Chin	€15	€60
Neck	€15	€65
Underarm	€15	€50

Lower Arm	€12	€65
Full Arm	€20	€80
Navel Line	€10	€30
Bikini Line	€15	€55
Californian	€25	€65
Brazilian	€42	€70
Hollywood	€45	€75
Half Leg	€20	€80
Upper Leg	€20	€99
Full Leg	€30	€130

### MENS HAIR REMOVAL Lycon Waxing | Laser

Full Back	€30	€160
Lower Back	€20	€100
Upper Chest	€30	€75
Full Chest	€20	€150
Shoulders	€15	€60
Upper Arms	€15	€65

### ALL ABOUT THE EYES

Eyebrow Shape	€10
Eyebrow Reshape	€15
Eyebrow Tint	€8
Eyelash Tint	€12
Eye Trio (Lash, Brow, Tint & Brow Shape)	€22
Eyelash Perming	€38

### Contact Details:

Martina Heffernan  
**Tel:** 085 7556060  
**Email:** info@skinsation.ie  
**Web:** www.skinsation.ie



## Bikram Hot Yoga ..... 26 Postures, 38 Degrees, 90 Mins = 1,000 calories!

Bikram Hot Yoga Galway, located within the beautiful Urban Wellbeing Centre, is the only affiliated Bikram Hot Yoga Studio in the West of Ireland and all our teachers are Bikram qualified. We offer a positive, welcoming, and friendly atmosphere, with classes that are taught with energy, passion, compassion, and encouragement.

Bikram Hot Yoga is a 90 minute therapeutic series of 26 hatha yoga asanas (yoga postures) and two breathing exercises preformed in a heated room. The sequence has been designed to exercise every muscle, organ, tissue and gland of the human body. In combination with the heated environment, the Bikram Yoga posture series is a practical system of disease prevention and health maintenance.

Anyone can do Bikram Hot Yoga, irrespective of gender, age, size or fitness level. Everyone is in different stages of their practice. You do what your body is capable of today and progress in your own time. With continued practice, you will feel more energised, increase flexibility, build strength & stamina and sharpen mental focus as Bikram Yoga brings your life into balance. It is also common to lose inches and “shape up” in a short period of time.

Take advantage of our “Intro Offer” and come to class as often as you can in order to experience a level of health, fitness and happiness you have never felt before.

Be prepared to sweat, laugh and do more for your health, body and general well being than you ever imagined possible! Commit to your health and well being today! What are you waiting for??? Suitable for all levels and no booking required!



**INTRO OFFER..... Just 49 for One Month's Unlimited Yoga (30 consecutive days).**

**This offer is only available to you on your first visit to our Studio.**

### Contact Details:

Tracy Dunbar  
**Tel:** 087 2642922  
**Email:** [tracy@BikramYogaGalway.ie](mailto:tracy@BikramYogaGalway.ie)  
**Web:** [www.BikramYogaGalway.ie](http://www.BikramYogaGalway.ie)



## Penny Jones Yoga

I feel so blessed to be able to share Pregnancy Yoga with Mama's to be. It's suitable after 12 weeks to babe's arrival. Originally I trained in the Sivananda Yoga tradition in 2004 and in the same year I discovered my passion for Women's health & well being. This led me to London where I completed a Pregnancy Yoga and Postnatal Yoga Training with the legend Uma Dinsmore-Tuli.

The Pregnancy Yoga classes enhance your pregnancy on all levels. Nurturing a mind-body connection, Mother to baby and Mother to Mother connection bringing a sense of community for new Momma's to be!.

Yoga improves strength, stamina and flexibility, supporting the ever changing pregnant body through all the months of pregnancy to labour and birth. Easing common pregnancy related complaints like anxiety, sleeplessness and back issues. Many Mothers after the class would boast they had a fantastic night's sleep!



Learning how to relax, pause, respond and breathe is so important for Mothers general well being on and off the mat! To prepare and focus her for the challenge of labour through to the adventure of Motherhood! Don't worry if you haven't practiced Yoga before, it's never too late to start! We look forward to sharing this special journey with you in this most amazing space!

### Birth Preparation Workshops

These monthly workshops are perfect in the last 6 weeks of your pregnancy. We journey through the different stages of labour, exploring practical tools like: breath awareness, stretches together, sound, using the gym ball & massage techniques. Through to birth, birth positions and a little beyond into the Postnatal time, reviving the art of Mothering the Mother! This workshop focus's and empowers not just the Mother but the Birth Partner too, with a greater understanding of how it might unfold. How you could work together as you would during labour and birth. Includes Birth Prep Pack and light refreshments.

### Prices

Pregnancy Yoga 6 week block (75minutes each class)	€75
Drop in Rate	€15
Birth Preparation Workshop (2 ½ hours)	€50 (per couple)

### Contact Details:

Penny Jones  
 Tel: 086 8589800  
 Email: info@pennyjonesyoga.com  
 Web: www.pennyjonesyoga.com





## Combination Cooking - a nutritional approach

Helen Finn is a fully qualified Naturopathic Nutritional Therapist and Practitioner of Functional Medicine. Offering comprehensive nutritional therapy plans, designed specifically to the clients health goals, needs & lifestyle. She provides an array of health & wellbeing therapies including Nutritional therapy & functional medicine clinics, healthy food workshops & full day wellness programs which are designed to cater for many individual needs and preferences.

*"You can't fix your healthy, until you fix your diet"*

Her private Nutritional and Holistic Clinic provides the following:

- Private One to One Nutritional Therapy Consultations - addressing all aspects of health
- Weight Management Clinic
- Women's Wellness groups
- On line Nutritional Programmes
- Monthly "Nutritional Talk-Demo-Taste Workshops"
- Wellness Programs with Holistic therapies for stress and emotional support
- Wellness in the Workplace programmes
- Wellness in the Community: Schools, Clubs, Medical centres
- Restaurant Menu Analysis, FSA legislation
- Detox Program Facilitator for hotels, spas & wellness centres
- IgG Food Intolerance Testing, Homocysteine testing & more...

Programs, Workshops & Clinics provide Naturopathic Nutritional advice on all aspects of health & wellbeing, private clinic consultations include Weight loss, Sports nutrition, Cardiovascular health, Diabetes, Thyroid health, Gastric & digestive health, Acne, Rosacea, Pregnancy pre/post, Endometriosis, PCOS, Menopause, Arthritis, Chronic Fatigue, General healthy eating for every day healthcare, Vegan nutritional support & much more...

Wellbeing with Reiki: Helen offers a range of holistic wellbeing treatments including Reiki & Rahanni, both are a gentle energy

healing technique, that helps balance & restore wellbeing on all levels including spiritual, mental, emotional & physical aspects of the client.

*"Within 8 weeks of implementing Helens Nutritional plan my cholesterol levels went from 5.4 to 3.3, I had more energy, slept better, improved my digestion & lost that little bit of stubborn weight."*

Bridget E, NE Galway

### Price list:

- **Nutritional Therapy Consultation:** 2 hour Initial consultation - price is based on the severity of each case. Prices are confirmed in advance of Initial consultations. Prices start at €60.
- **Weight Management Clinic:** 12 week/ 3 month weight management / weight loss programme €120 - Can be made in one or two instalments
- **On Line Programmes:** from €49 - €60
- **Nutritional Talk - Demo - Taste Workshops:** €45
- **Wellness with Reiki:** one hour Reiki/Rahanni therapy €40
- **Wellness in the workplace/sports club/school** etc Price range varies depending on the program.



### Contact Details

Helen Finn, Naturopathic Nutritional Therapist, (Dip, mNTOI)  
**Tel:** 085 7594601  
**Web:** [www.combinationcooking.ie](http://www.combinationcooking.ie)  
**Email:** [info@combinationcooking.ie](mailto:info@combinationcooking.ie)




5 STAR FACILITIES



Hair | Beauty | Fitness | Health



PROFESSIONAL SERVICES



8000 SQ/F WELLNESS CENTRE



# Element Acupuncture

**5 Element Acupuncture** treatment is for your Constitutional make up, its gets to the core of who you. It seeks to balance through the Elements. All conditions are viewed equally as having a physical, mental, emotional and spirit aspect, and are treated equally. Optimum Health is at the forefront of every treatment plan. Acupuncture, Moxibustion, Acupressure, Meridian Massage, Gua Sha and Meditation are applied, to directly affect and enhance the body, mind and spirit, to support longterm health and advancement of the energetic profile.

### Digestion

Chinese Medicine views Digestion as a metabolic process, where we gain energy from the food we eat. Disruption to that process gives rise to many digestive or gastrointestinal disorders. Disruption can be caused by stress, poor diet, alcohol intake, inadequate activity, poor sleep, hormone imbalance, regular medication and food intolerances. Acupuncture treatment for the Gastrointestinal systems benefits: appetite regulation, digestion, weight management, obesity, constipation, diarrhoea, IBS, hormonal cravings, reflux, dry mouth, nausea, vomiting, abdominal pain and cramps.

### Fertility

Gynaecological and Fertility health are well supported by Acupuncture. It naturally helps to regulate systems and to support men and women in all aspects of their fertility. Acupuncture treatment is will regulate the hormones, boost fertility, support conception, support IVF, increasing the success rate by 50% by those who continuously have Acupuncture treatment during their IVF cycles. During Pregnancy, acupuncture treatment will help with nausea, vomiting, heartburn, constipation, sinusitis, mood swings, anxiety. It is used in later stages of pregnancy for Breech positions and to naturally induce labour when baby is over due. It is used to prepare for birth, during labour and for postpartum support.

### Skin

Cosmetic Acupuncture and Gua Sha Acupressure Massage are applied to increase blood flow and energy, to boost collagen and elastin production. It is a 100% Natural Beauty Treatment. It has no side effects. It is a healthy-ageing, facial treatment that supports and heals your whole body by working with Acupuncture points on the face. Cosmetic Acupuncture will help with: fine lines/wrinkles; skin elasticity/brightness, age spots; puffiness; sagging jowls; drooping eyebrows; eye-bags/dark circles; circulation/ lymph drainage; redness/acne/rosacea; acne breakouts and acne/facial scars. Added benefits include increased energy, hormonal balance, digestion and sleep; reduced congestion, sinus infections and migraines; improved eye health.

### Sport

5 Element Acupuncture is applied for constitutional advancement and enhancement. Treatment is integrated through all stages of training through to event/competition, so that athletes can train their energy, as efficiently as they train their body and their mind. It is an efficient, natural treatment, with no side effects. The reported benefits are: increased physical output; increased energy; reduced recovery times; improved mental agility and clarity; improved performance; greater focus and instinct; reduced injury patterns and greater relaxation.

**5 Element Acupuncture** provides treatment and support for those with Immune System, Auto-Immune and Immunosuppressant Diseases, those who are becoming Antibiotic resistant or are having increased antibiotic allergic response, for Chronic Pain, Sinusitis, and Migraines, for Stress and good mental health.

**Contact Details**  
Mary Lally Lic.Ac Dip.OBB  
**Tel:** 087 2764539  
**Web:** [www.elementacupuncture.ie](http://www.elementacupuncture.ie)  
**Email:** [mary@elementacupuncture.ie](mailto:mary@elementacupuncture.ie)



## Access Harmony - Holistic Therapies and Massage Clinic

### LOMI LOMI NUI MASSAGE -FULL BODY MASSAGE

This sophisticated Hawaiian temple massage is a therapy body work. It releases energy blocks caused by physical, emotional or mental pain and therefore facilitates the road to healing. On the physical level stress and tension are relieved, elimination of wastes and toxins stimulated. On the emotional and mental level you experience deep and total relaxation. Lomi Lomi Nui is given in fluid, rhythmic motion using the forearms as well as the hands. This might be described as feeling like gentle waves moving over the body.

**“First Lomi Lomi Nui Massage this evening...thank you Grazyna, it was heavenly”**  
Laura Walsh

### ACCESS BARS SESSIONS

Access Bars is an energetic process during which the brain waves slow down allowing you to experience profound relaxation.



The session entails gentle touching of 32 points on the head to clear away the energy blocks caused by limiting points of view. After the Bars Session you become more present in life and the past experiences have no the same impact on the future. It may assist you in creating a greater ease with everything.

### BIOENERGY THERAPY BY Z.DOMANCIC METHOD OF BIOENERGY HEALING

Bioenergy therapy is based on bringing the energy body to the ideal state through restoring and balancing bioenergetic information to activate the body's own innate healing mechanisms. It offers a very high success rate with all types of diseases, conditions and injuries. It is also recommended for wellness, maintenance and prevention. This method of Bioenergy Healing is original, natural, scientifically tested and proven effective, safe and non-invasive, no side effects and with results confirmed in practice.

**“BRINGING  
HARMONY TO  
LIFE”**



Gift vouchers available  
For special offers check  
[www.accessharmony.eu](http://www.accessharmony.eu)

### Contact Details

Grazyna Andrzejewska  
**Tel:** 085 7240083  
**Web:** [www.accessharmony.eu](http://www.accessharmony.eu)  
**Email:** [accessharmony@gmail.com](mailto:accessharmony@gmail.com)



## Sense of Shiatsu - Wellbeing for Women

My name is Anna and I'm fully qualified and registered (SSI, IMTA) Shiatsu practitioner, offering professional Shiatsu and Zen Shiatsu treatments, Moxibustion and Chinese Cupping sessions, as well as lifestyle recommendations. During my 3 years studies in Shiatsu College Dublin I realised that Shiatsu is not just a massage or a way of bodywork, it's a lifestyle. Healthy body and mind means balance and Shiatsu therapy is all about bringing back the balance in to our lives. My treatments also include recommendations about exercises and lifestyle. If you want to feel healthier, more energised or just need time for yourself to relax, then call and book your appointment in "Sense of Shiatsu". It's a perfect place for you! Women in all ages are very welcome!

**SHIATSU** is a Japanese Full Body Treatment based on principals of Traditional Chinese Medicine (TCM). Shiatsu Will Help You With:

- Stress Relief
- Relaxation
- Depression
- Anxiety
- Insomnia
- Fatigue
- Fertility
- Pregnancy
- Autoimmune disease, for example:
  - Thyroid disorders
  - Fibromyalgia
  - Arthritis
  - Lupus
  - COPD
- Backache
- Neck stiffness and shoulders tension
- Joints pains and stiffness



- Muscles pains
- Sport Injuries
- Headaches and Migraines
- Digestive problems
- Urinary problems
- Breathing problems and Asthma
- Hormonal Imbalances
- Mind and Body Balance & General Wellbeing

### TREATMENTS PRICE LIST:

Shiatsu Treatments:	
Full Session (1hr)	€50
On-Chair Session (30mins)	€30
Cupping & Moxibustion 1x Session (30-40mins)	€40
Shiatsu + Cupping 1 x Session (1-1,15hrs)	€65
SPECIAL OFFERS:	
4 x Shiatsu Sessions	€180
5 x Shiatsu Sessions	€200
4 x Cupping Sessions	€140
5 x Cupping Sessions	€160

GIFT VOUCHERS AVAILABLE!!!

### Contact Details

Anna Rutkowska  
 Tel: 083- 8830581  
 Web: [www.senseofshiatsu.ie](http://www.senseofshiatsu.ie)  
 Email: [senseofshiatsu@gmail.com](mailto:senseofshiatsu@gmail.com)



## Elite Sports Mind Coaching “MASTER THE MIND, MASTER THE GAME”

Hailing from Galway, my name is Rob Kelly and I am a Qualified Sports Mind Coach. Sports Mind Coaching is a form of sports psychology used to help Athletes and Performers both Amateur & Professional with any mental barriers or limiting beliefs that prevent them from achieving peak performance states. While one time this service was only made available to the Professional Athlete, it is my belief that anyone with a passion for success in their chosen sport should be able to avail of the coaching regardless of their level. So much focus is placed on Technical and Physical skill that more often than not, the Mental Performance is forgotten about. Some of the issues that my clients come to me with are:

- Fear of failure
- Loss of confidence
- Performance anxiety
- Negative self-talk
- Lack of self-belief
- Stress
- Anger(mistakes, playing bad, losing, bad luck etc)
- Impatience
- Not trusting your gut
- Overly aggressive decision making
- Struggling to bring practise game to competition

Growing up I played a vast amount of sports, such as, Golf, Tennis, Basketball, Swimming, Football & Rowing. Having played competitively in sports at a young age, I truly recognise the benefits of a strong mental game. At that age, I would have known very little about Sports Psychology and I could pick several issues from the above list that would have affected me. It is because of this, that I have a true understanding of where my clients are coming from when they struggle with any of these issues and it is my passion to help them by equipping them with the skills necessary to overcome these issues and achieve the goals and success that they deserve. I

believe that its only right to give yourself the best opportunity for success and if your going to spend so much time on the Technical & Physical aspects of the game, then it only makes sense to devote adequate time to your Mental Performance. After all, it is said that if you can “Master the Mind” then you can “Master the Game”.

With all new clients, I do a free consultation to give you a better understanding of Sports Mind Coaching and how it can help you bring about success in your chosen sport. Often a client will notice, that the Skills that I teach can also be used to bring about positive change in other areas of their life, such as Success in work, better relationships and all round better feeling of wellbeing. Once you have had your initial consultation and we have decided to work together, then the next step is a Sports Profile Assessment. It is through this that I can then plan out a strategy to make sure you achieve your success.

My coaching is organized around your goals, so once they have been achieved, we either say goodbye, or we come up with new areas of your mental game to work on. I have clients that are satisfied with what we have accomplished in just a handful of sessions and I have other clients that are so driven to improve that we have been working regularly long term. Ultimately it's up to you. Book a Free Consultation today!

### Contact Details

Rob kelly  
**Tel:** 086-241-8271  
**Web:** [www.eliteperformance.ie](http://www.eliteperformance.ie)  
**Email:** [rob@eliteperformance.ie](mailto:rob@eliteperformance.ie)



## Patricia McMahon Holistic Therapy

### About Patricia

Patricia has been practising complimentary therapy for over 22 years. She is qualified in Reflexology, Craniosacral therapy, Aromatherapy and Swedish massage. She has advanced qualification in Craniosacral therapy along with many post grad trainings including the brain course, cst aquatics, paediatrics, cst for pregnancy and birth. She has participated in several cst comprehensive therapy programmes and been teaching assistant in training workshops. She has seen how these treatments can improve the health and wellbeing of clients and has used them on her own children and extended family to promote good health

**Reflexology** is a holistic therapy that had its origins thousands of years ago. Evidence of this has been found in cave paintings in Egypt. 'Your feet are a mirror of your body'. There are reflex points on the feet and hands that correspond to all organs and body parts. By massaging these points we free up the fluid and energy flow to the organs and body tissues, and you come away from the treatment feeling better able to cope with life's stresses. Reflexology is very beneficial for: Regulating sleep patterns; balancing hormones and helping with fertility issues; reducing stress; improving circulation; boosting immune system; headaches and migraines, and a whole lot more.

**Craniosacral therapy** is a gentle, light-touch therapy used to evaluate the functioning of the membranes, fluid and bones surrounding the brain & spinal cord. Restrictions within this system can affect the CNS leading to neurological, behaviour or digestive disturbances. Many of these restrictions can be present from birth or before and babies can be treated effective and safely from the moment of birth and even in utero.

### Who can be treated:

**Babies** can be treated from birth and even in utero. It helps

release restrictions caused by difficult births and c-sections, thereby creating a more relaxed and contented baby.

**Pregnant mothers:** It helps to ease back pain and align the uterus which makes both mother and foetus more comfortable. Helps mothers body readjust after pregnancy. Also helpful where there are difficulties with fertility.

**Adolescents & adults:** All kinds of difficulties: back pain, whiplash injuries, repetitive strain, digestive, emotional and various other issues can be treated.

**Sports people & musicians:** Anyone who experiences injuries and repetitive strain. It helps release deep-rooted tension patterns.

**Elderly People:** Improves cerebral blood flow and improve mobility.

**How Many Treatments:** This depends on the severity of the condition and the length of time it has been present. It can take 1 to 6 treatments. People often return once a month for realignment and stress relief.

**Aromatherapy:** Essential oils each have their own therapeutic properties and characteristics. Individual blends are created to suit the clients specific needs. Combined with a massage that incorporates lymphatic drainage and pressure points. This makes a wonderfully relaxing and therapeutic treatment.

### Contact Details

Patricia McMahon

**Tel:** 0879381801

**Email:** mcmahontherapy@gmail.com

**Web:** www.holistictherapyireland.com



## Aisling Keogh: Counselling & Psychotherapy, Child Psychotherapy

### About the Therapist

Aisling Keogh, MIAHIP, is a qualified counsellor and psychotherapist, holding a graduate Diploma in Integrative Clinical Psychotherapy from Turning Point, and a Masters degree in Counselling and Psychotherapy from Dublin City University. She also holds a Certificate in Child Psychotherapy and a Certificate in Sandplay Therapy with Children and Families from The Children's Therapy Centre/Rocky Mountain Play Therapy Institute, and is an accredited member of the Irish Association of Humanistic and Integrative Psychotherapy.

children, the child leads the play, and the therapist's expert response can help children with issues relating to developmental difficulties, confidence and self esteem, bullying or abuse, separation and loss, and other family problems or significant changes in their lives, and is suitable for children from aged 3 years upwards.

For an appointment please phone 087 6784236

More information on  
<https://www.facebook.com/aislingkeoghcounselling/>

### Counselling & Psychotherapy, Child Psychotherapy

Counselling and psychotherapy are regarded as "talking cures," because having a skilled listener to hear your worries or struggles can help in times of change, loss, or crisis. As well this, they can help a person to manage or overcome stress, depression, family problems and addiction. Psychotherapy can also help healing from past experiences. As a "humanistic" or "person centred" counsellor and psychotherapist I take a non-judgemental approach to working with clients, and see the relationship between the client and therapist as vital to the clients growth or healing. For this reason I see the first session as an opportunity to allow the client and I to get a sense of each other, it is only if we both agree to work together do we arrange a further session.



### Child Centred Play Therapy

Traditional "talking cures" usually do not meet the needs of children, because children simply do not know enough words to explain how they feel. Instead, children communicate through their play, they use toys the way that adults might use words, showing how they feel through the play materials they choose and what they do with them. In this approach to therapy with

### Contact Details

Aisling Keogh  
**Tel:** 087 6784236  
**Email:** [aislingkeoghconnor@gmail.com](mailto:aislingkeoghconnor@gmail.com)  
**Web:** [www.facebook.com/aislingkeoghcounselling/](http://www.facebook.com/aislingkeoghcounselling/)





## Aoife Droney: Pump, Cardio, Core

Aoife Droney is a well known fitness professional, trained in Pilates, Spinning, Kettlebells and has been practicing and teaching in Galway for over 20 years. A dedicated, patient, instructor with meticulous attention to detail.

This class is a combination of lifting and sculpting, featuring a mix of barbells, dumbbell's and plyometric moves. It is designed to sculpt, tone, increase cardiovascular fitness with an emphasis on building core strength.

It is a fun varied class, designed to cater for all ages and all fitness levels.

Here is what her clients say:

*"...Aoife is an amazing teacher..."*  
Nono

*"I love your classes because it is always prepared professionally and works all parts of the body"*  
Kathleen Hughes

*"Aoife's class is excellent , her expertise, training and commitment is evident in her graded routines and in her infinite attention to detail , I felt healthier in mind and body and totally energised after the very first class and would recommend her sessions to everyone , regardless of age or level of fitness"*  
Kathy Whelan


*"Aoife's knowledge and experience as a PILATES instructor are bought to her classes, with emphasis on form and focus in all the exercises. The classes are highly motivating but also fun. There is always laughter!"*  
Veronica O'Connor

*"Aoife's classes are a truly pleasurable work out. She combines core, cardio and weights in a way that ensures you build maximum strength, while feeling totally energised. Her warm up and cool down exercises prevent even slight injuries, but above all, her positive attitude and demeanour make for a totally enjoyable experience"*  
Patricia Doherty



### Contact Details

Aoife Droney  
Tel: 087 6502664  
Email: [aoife@aoifedrone.com](mailto:aoife@aoifedrone.com)  
Web: [www.aoifedrone.com](http://www.aoifedrone.com)

An aerial, black and white photograph of a dense city skyline, likely New York City, viewed from a high angle. The buildings are packed closely together. Overlaid on the left side of the image are several stylized autumn leaves in shades of orange, yellow, and red, appearing to fall or drift across the scene. The overall composition is modern and urban.

HAIR - HEALTH - BEAUTY - FITNESS all under one roof!

Fourteen Great Businesses - One Fabulous Location

Gift Vouchers available - see online store for details...

[www.URBANwellbeing.ie](http://www.URBANwellbeing.ie)

**URBAN**

wellbeing



**URBAN** wellbeing

Tuam Rd., Retail Centre, Tuam Rd., Galway City  
(opposite the Travelodge Hotel)

087 2642922

[www.URBANwellbeing.ie](http://www.URBANwellbeing.ie)