

## COISCEIM NATURAL THERAPIES



Anne O'Donnell & Juliana Murphy from Coisceim Natural Therapies are available every Tuesday from 9am to 6pm at Meadowlands Hotel, Oakpark, Tralee for Reflexology, Spiritual Healing/Energy Healing and Bach Flower Consultations

### **Reflexology**

Reflexology is a holistic practice of treating points and areas in the feet and hands that relate to corresponding parts of the body. Using precise hand and finger techniques, a reflexologist may improve circulation, induce relaxation to enable balance. This encourages the person's own healing systems to be activated to maintain wellbeing.

### **Spiritual Healing/Energy Healing**

Spiritual Healing/Energy Healing is a "hands on" method of healing. Energy is channelled through the healer and works on all levels: physical, emotional, mental and spiritual.

### **Bach Remedies**

Dr. Bach once gave a simple instruction to his team: 'treat the person, not the disease'. This is the holistic approach in a nutshell.

### **Mission Statement**

We believe that when there is peace and calm and people are treated with Respect, it is enabling and encourages them to take steps towards restoring balance and harmony in their lives.

### **Where to find us:**

We are situated in a beautiful, warm comfortable room where you can come to experience time out away from the stresses of life.

To contact Anne or Juliana call 087-2915343 or visit [www.coisceimtralee.ie](http://www.coisceimtralee.ie) or our Facebook Page [www.facebook.com/coisceimtralee](http://www.facebook.com/coisceimtralee)

