



Photo: Adam W. Wozniak



In her ongoing quest to test the very best beauty treatments and therapists out there, **Holly White** this month goes in search of the best inner wellbeing practitioners

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For a long time I wanted to write a piece on people who don't practice something specific but who are more internally healing; people that would fall under the 'healing hands' category. I have found each to be incredibly helpful at various stages of my life.

Rebecca Singleton, Reiki and Spiritual healer, 90 Devenish Road, Kimmage, Dublin 12
€65 an hour

Rebecca came highly recommended from someone who's opinion I trust. All of the things I was holding onto emotionally and the things that were dragging me down were seemingly apparent to Rebecca. Reiki is an incredibly relaxing treatment and the effect is one of overall bliss; even my shoulder pains melted away.
T: 087 6782449 **W:** www.mettahealing.com

Astrology with Bill Sheeran
€100 – two hours

Self taught, Bill Sheeran has been practicing professionally since 1986. Proper astrology, not the back of the newspaper variety, gives a fascinating insight into the different elements and emotions we are all subject to. I spoke with him for well over two hours on Skype, which is how he mainly practices, and I must say it massively increased my self understanding. Everyone should do this at least once.
W: www.radical-astrology.com

Deirdre Daly, Cooking and Nutritional Advice
€150 – three hours (includes cost of food)

A Ballymaloe-trained chef and a qualified nutritionist is a match made in heaven for anyone who loves their food but is conscious of their diet. I have a few things I like to avoid and Deirdre came up with tons of new recipes for me to try. She visits you at home, which makes it all the more relaxed. We cooked up about four of the recipes (she brought the ingredients) and the three hours flew by.

T: 087 2368646 **W:** www.deelitelife.com

Customised Retreats at Cottage Retreat, Coolbagh, Clashmore, Co. Waterford

€140 (suggested donation) **includes overnight**
 Pat Dillane and his wife Ella run Customised Retreats in their home. She cooks you delicious food and he gets stuck into whatever you need to face up to. I had about eight hours of one-on-

one counselling with Pat and it was lovely to be able to fine-comb through my problems and issues in total confidence. I slept in a little wood cabin.

T: 024 96979 **W:** www.cottageretreat.net

Acupuncture and Chinese Medicine with Deirdre Courtney, 2 Craigmole Lane, Blackrock, Co. Dublin
€75 – 1 hour

Chinese medicine is fascinating in its ability to diagnose. I met Deirdre for the purpose of interviewing her 1 1/2 years ago and have continued to see her on a bi-monthly basis since. Facial acupuncture is by far one of the most effective facial rejuvenating treatments and she is excellent at it. Overall I have seen huge improvements in my face in terms of clarity and smoothness.

T: 087 8178561 **E:** Deirdrec@indigo.ie



WELLBEING BOOK OF THE MONTH

Soul Angels

by Jenny Smedley, Hay House Publishing, **€9.63**

I was lucky enough to be able to talk to the author over the phone; she's a truly gifted and intelligent person and books like this are a wonderful insight into her work. I read this book quickly and it opened up a whole new domain for me. A lovely book and for anyone who has ever had a feeling of déjà vu – it may provide a little concrete evidence for those feelings. Enjoy it.