



A GENTLE SPACE TO RESTORE, REFLECT, AND GROW.

YOUR GUIDE TO ONE-TO-ONE WELLNESS SUPPORT FOR ADULTS

Personalised wellbeing support with Dearbhla Grall Wellness.

Designed to support adults managing stress, anxiety, or chronic health challenges, as well as anyone seeking greater focus, emotional balance, and restorative energy.

Each session is personalised to your needs, offering a compassionate space for self-care, healing, and personal growth—supporting greater calm, confidence, and balance in your everyday life.

WHAT ARE ONE-TO-ONE WELLNESS SESSIONS?

Each session is a personalised, therapeutic experience—drawing on a blend of approaches designed to support your whole wellbeing:

Together, we work at a pace that feels right for you, addressing the areas that matter most—whether you're managing stress or anxiety, navigating chronic health challenges, or seeking greater emotional balance and clarity.

Sessions draw on a range of holistic approaches to encourage balance, healing, and ease.

Your sessions may include:

- Yoga and meridian-based yoga therapy to release tension, restore balance, and reconnect with your body
- Mindfulness and meditation to calm the mind and cultivate inner awareness
- Holistic counselling to explore emotions, patterns, and personal growth in a compassionate space
- Reiki and energy work to promote deep relaxation and energetic harmony

Each session offers space to breathe, rest, and realign—supporting you in feeling grounded, empowered, and more at peace in daily life.

SESSION FRAMEWORK & INVESTMENT

Initial Consultation & Client Intake

Duration: 60–90 minutes

Fee: €75

A thorough consultation to explore your needs, goals, and wellbeing history. During this initial session, you'll have space to share your experiences, reflect on your needs, and begin your journey toward greater wellbeing.

Three Follow-Up Sessions

Duration: 60 minutes each

Fee: €65 per session

4-Week Wellness Package

Includes: Initial consultation + 3 follow-up sessions

Total: €245

(Save when booking the full package)

Collaboration & Support

You'll receive ongoing guidance, reflection, and supportive resources between sessions—helping you integrate calm, clarity, and balance into your daily life.

HOW TO GET STARTED

Take the first step toward nurturing your wellbeing:

1. Connect with us to have a friendly conversation about your needs and what you're seeking.
2. Book your initial consultation to explore your experiences, reflect on your goals, and begin your personalised journey.
3. Begin your one-to-one sessions in a supportive space designed to help you restore balance, clarity, and calm.

READY TO PRIORITISE YOUR WELLBEING?

**CONTACT DEARBHLAGRALL WELLNESS TODAY TO
BOOK YOUR FIRST SESSION OR YOUR 4-WEEK
PERSONALISED WELLNESS PACKAGE.**

 Email: hello@dearbhlagrallwellness.com

 Website: dearbhlagrallwellness.com

 Call: 087 687 9325

 Based in OLDCASTLE

Available for in-person & virtual sessions