



Áine Sheehan

Baby Reflexology Instructor, Reflexologist, Massage Therapist, Aromatherapist

Áine is a Holistic Therapist and Baby Reflexology Instructor living and working in Limerick. Her journey as a therapist began in 2015 following a time of much change and growth in her life. Like many people she had taken a few wrong turns on life's path, but thankfully found her way back onto her true path and into a more holistic way of living. With this came her love of holistic therapies.

Following her training and after gaining some valuable experience, Áine decided that in order to offer the standard of care she wished for her clients, she would need to set up her own practice, and so, The Enlightened Elephant-Holistic Therapy came to be in 2017. The name was inspired by her meditation practice and her time spent volunteering in an elephant sanctuary in Thailand, which had a beautiful and transformative impact on her life, both personally and professionally.

Áine believes in the importance of continued learning and professional development and over the years has added to her qualifications in both Reflexology and Massage. In 2018 she qualified in Reflexology for Babies and Children and also as a Baby Reflexology Instructor. In 2019 her life was transformed again with the arrival of her beautiful daughter Éabha.

Áine is passionate about teaching Baby Reflexology to parents and empowering them with the tools and knowledge to help their babies naturally. Her classes are baby-led and are both fun and relaxed. She also has a special interest in women's health, particularly pregnancy and the post-natal period, and enjoys working in this area very much.

'You cannot pour from an empty cup' and she has learned the importance of self-care. While it's not always easy to find the time, with a baby and a business to run, Áine does try to make some me-time. This can be a morning meditation, yoga (often with baby on the mat too), walks in nature or receiving treatments from the wonderful group of therapists she has had the pleasure of meeting over the years. Áine enjoys music and reading and most of all spending time with Éabha, her partner Michał and her wonderful family and friends.

'What is done in love is done well.' Áine feels very lucky to have found something that she enjoys doing and loves so much. She looks forward to welcoming you and your baby to Class at The Urban Co-op.

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