



Rosy Births

Resources in Co. Kerry

Contents:

Page	
3-8	Alternative & Complementary Services
8-10	Antenatal & Postnatal Services
10-11	Breastfeeding Services
11-12	Mental Health Services
12-15	Parenting Services
15-17	Physical Health Services
17-18	Retail Services



Rosy Births

Name/ Business	TYPE	Services Provided	Website	Email	Phone	Location
Ard Na Glaise Holistic Centre	ALTERNATIVE OR COMPLEMENTARY	Specialist in infertility and pregnancy acupuncture	www.facebook.com/ ardnaglaiseholis ticcentre	noirinmoynihan @yahoo.com	087 798 6782	Ballydesmond
Aurora Holistic Healing	ALTERNATIVE OR COMPLEMENTARY	Pregnancy and baby reiki	www.facebook.com/ auroraholistiche aling/	lauratwomey214 3@yahoo.ie	089 437 7604	Cahirsiveen Kerry
Bay Beauty * Massage	ALTERNATIVE OR COMPLEMENTARY	Pregnancy massage	www.kenmareb ayhotel.com/ hotel-spa/	kenmarebaybea uty@gmail.com	087 760 6393	Kenmare
Bundle of Joy Baby Massage	ALTERNATIVE OR COMPLEMENTARY	Group baby massage classes		bundleofjoymass age@gmail.com	087 766 9859	Killarney
Craniosacral Therapy Kenmare	ALTERNATIVE OR COMPLEMENTARY	Craniosacral therapy	www.kenmare.c om/cranio		087 927 6797	Kenmare
Craniosacral Therapy Kerry	ALTERNATIVE OR COMPLEMENTARY	Craniosacral therapy, placental encapsulation, GentleBirth	www.cstkerry.co m	muirmacmahon @gmail.com	087 744 3718	Tralee

Name/ Business	TYPE	Services Provided	Website	Email	Phone	Location
Derrynane- Herbalist	ALTERNATIVE OR COMPLEMENTARY	Pre-pregnancy, pregnancy and postpartum medicinal herbalist	www.derrynane clinic.ie	derrynaneherbal ist@gmail.com	087 218 7744	Caherdaniel
Kingdom Massage Therapy	ALTERNATIVE OR COMPLEMENTARY	Pregnancy massage, baby massage, pregnancy reflexology, baby reflexology	www.facebook.c om/ kingdommassag etherapy/	ad.dillon@hotm ail.com	087 211 4076	Tralee
Liz Scattergood * Sattva Holistic Retreats	ALTERNATIVE OR COMPLEMENTARY	Aromatherapy services, pregnancy & postpartum massage, birth partner massage tutoring, pregnancy yoga & meditation	www.elizabeths cattergood.com	lizscattergood@i cloud.com	087 757 0644	Cahersiveen

Name/ Business	TYPE	Services Provided	Website	Email	Phone	Location
Louise Murphy Reflexology	ALTERNATIVE OR COMPLEMENTARY	Maternity reflexology, baby & child reflexology, fertility reflexology	www.facebook.com/ louisemurphyrel exology/	louisemurphyreflexology@gmail.com	087 416 1504	Keel
Magic Touch * Massage	ALTERNATIVE OR COMPLEMENTARY	Pregnancy massage	www.magictouchkenmare.com	magictouchkenmare@gmail.com	087 644 7614	Kenmare
Muscle Therapy Tralee	ALTERNATIVE OR COMPLEMENTARY	Fertility massage, maternity massage, fertility, maternity & baby reflexology, baby reflexology workshops	muscle-therapy- massage- therapist.busine ss.site	muscletherapy.scotia@gmail.com	085 876 7223	Tralee
Red Lotus Clinic	ALTERNATIVE OR COMPLEMENTARY	Acupuncture, craniosacral Therapy, homeopathy	www.redlotuscli nic.com	eithnegriffin@g mail.com	086 606 6865	Dingle Castlegregory Tralee

Name/ Business	TYPE	Services Provided	Website	Email	Phone	Location
Sara Rose Therapies * Magical Adventure Coach	ALTERNATIVE OR COMPLEMENTARY	7 steps of mindfulness and relaxation for children	www.relaxkids.com/ coach.aspx? coach=2188	sararosetherapie s@gmail.com	087 344 6409	Killorglin
Scítthe Health & Relaxation	ALTERNATIVE OR COMPLEMENTARY	Maternity massage, maternity & infant reflexology, infant massage instructor	www.scithe.ie	ann.oc@hotmail .com	087 913 8807	Castleisland
Sensorium Baby Massage	ALTERNATIVE OR COMPLEMENTARY	Baby massage classes, private baby massage classes	www.facebook.c om/ sensoriababyma ssage/		087 368 4076	Tralee
Shimra Health & Wellness Centre	ALTERNATIVE OR COMPLEMENTARY	Fertility & maternity reflexology, baby & child reflexology, energy healing	www.facebook.c om/ shimrahealthan dwellness/	siobhan.health@ gmail.com	087 966 5881	Killarney

Name/ Business	TYPE	Services Provided	Website	Email	Phone	Location
Sinead Hurley * Homeopath & Placenta Encapsulation	ALTERNATIVE OR COMPLEMENTARY	Natural fertility specialist, placenta encapsulation and homeopathic remedies	www.sineadhurlley.com	info@sineadhurlley.com	087 204 0200	Kenmare
Sona Body * Reflexology Kerry	ALTERNATIVE OR COMPLEMENTARY	Maternity reflexology, postnatal reflexology, baby reflexology, baby reflexology workshops	www.sonabody.com		087 939 6305	Killorglin
The Sunshine Clinic	ALTERNATIVE OR COMPLEMENTARY	Acupuncture, pregnancy massage, pregnancy reflexology			085 118 8608	Sneem
Tiny Toes Baby Massage	ALTERNATIVE OR COMPLEMENTARY	Infant massage classes, one-on-one infant massage sessions	www.facebook.com/tinytoesbabymassage.killarney/	tinyhands.babymassage@gmail.com	085 877 5227	Killarney Killorglin

Name/ Business	TYPE	Services Provided	Website	Email	Phone	Location
Una O'Donoghue * Reflexology	ALTERNATIVE OR COMPLEMENTARY	Reflexology for fertility, pregnancy & babies, baby reflexology workshops	www.resolutiontherapies.ie	info@resolutiontherapies.ie	083 857 4120	Killarney Killorglin
VT Wellness & Massage Therapy	ALTERNATIVE OR COMPLEMENTARY	Infant massage instructor	www.facebook.com/vtmagichands/	victoriatynan11@gmail.com	085 128 1827	Killarney
AIMS Ireland	ANTENATAL & POSTNATAL	Association for the Improvement of Maternity Service	www.aimsireland.ie	support@aimsireland.com		Online
Anita O'Sullivan Wharton * Soma Wellness	ANTENATAL & POSTNATAL	Birth doula service, maternity & fertility reflexology, baby & child reflexology, pregnancy massage and GentleBirth	www.anitaosullivan.com	somawellnessdoula@gmail.com	087 191 7907	Kerry

Name/ Business	TYPE	Services Provided	Website	Email	Phone	Location
Caesarean Support Ireland	ANTENATAL & POSTNATAL	Support and information for who have or will have a caesarean section	https://m.facebook.com/caesareansupportireland/		083 808 5360	ONLINE
Evidence Based Birth	ANTENATAL & POSTNATAL	Parent-friendly evidence based information on various aspects of birth	www.evidencebasedbirth.com	info@evidencebasedbirth.com		ONLINE
Geraldine McGettigan * DanúDoula	ANTENATAL & POSTNATAL	Birth and postpartum doula service	www.danudoula.ie	germcgettigan@hotmail.com	089 707 3309	Kerry
HSE Your Service Your Say	ANTENATAL & POSTNATAL	Information on how to give feedback for HSE services	www2.hse.ie/services/-your-service-your-say/	yoursay@hse.ie	1890 424 555 045 880 400	Online

Name/ Business	TYPE	Services Provided	Website	Email	Phone	Location
Óisín Schots * RosyBirths Doula & Childbirth Educator	ANTENATAL & POSTNATAL	Birth and postpartum doula services, antenatal classes	www.rosybirths.com	rosybirths@gmail.com	087 388 4631	Kerry
Private Midwives Ireland	ANTENATAL & POSTNATAL	Homebirth private midwives	www.facebook.com/privatemidwivesireland/	info@privatemidwivesireland.com		Online Kerry
Anna O'Donoghue * IBCLC Breastfeeding Support	BREASTFEEDING	Personalised lactation consultations, breastfeeding support, antenatal breastfeeding classes, homevisit support	www.breastfeedingkerry.ie	anna@breastfeedingkerry.ie	087 285 1915	Killarney Kerry
Breastfeeding & Medication	BREASTFEEDING	Breastfeeding and medication information	www.breastfeeding-and-medication.co.uk	wendy@breastfeeding-and-medication.co.uk		Online

Name/ Business	TYPE	Services Provided	Website	Email	Phone	Location
Kellymom	BREASTFEEDING	Breastfeeding information	www.kellymom.com			Online
Kerry Breastfeeding Support	BREASTFEEDING	Antenatal breastfeeding preparation classes and postnatal homevisit support	www.facebook.com/breastfeedingsupportKerry/	maireadibclc@yahoo.com	087 666 1654	Kerry
La Leche League	BREASTFEEDING	Breastfeeding help and information	www.lalecheleagueireland.com			Online Dingle
Michele O'Brien * Psychotherapist	MENTAL HEALTH	Provides therapy with a humanistic and integrative approach in Kenmare	www.micheleobrien.ie	michele@micheleobrien.ie	087 256 4189	Kenmare

Name/ Business	TYPE	Services Provided	Website	Email	Phone	Location
Nurture Health * Counselling Service	MENTAL HEALTH	Counselling and training supports for PND, depression during pregnancy, birth trauma	www.nutureheal.th.ie	info@nutureheal.th.ie	085 861 9585	Online
An Feileacain * Bereavement Services	PARENTING	Support for anyone affected by the death of a baby during pregnancy or shortly after.	www.feileacain.ie	info@feileacain.ie	085 249 6464	Online Kerry
Anam Cara * Bereavement Services	PARENTING	Facilitated Support Group providing peer support to bereaved parents of a child who has died at any age and in any circumstances	http://www.anamcara.ie	S.vard@anamcara.ie	01 404 5378	ONLINE

Name/ Business	TYPE	Services Provided	Website	Email	Phone	Location
BWI Kerry Sling Library	PARENTING	Provides baby wearing advice, support and rental	www.babywearingireland.ie			Online Kerry
Cuidiu Kerry	PARENTING	Provides information and support to parents about pregnancy, childbirth and breastfeeding	www.cuidiu.ie		086 163 9243 085 770 7714	Online Kerry
Enable Ireland	PARENTING	Assessment, therapy and support services for children with physical, sensory and intellectual disabilities.	www.enableireland.ie	communications@enableireland.ie	35318727155	Kerry
Irish Multiple Births Association (IMBA)	PARENTING	Providing support and information for families of multiples	www.imba.ie	info@imba.ie	01 874 9056	Online Kerry

Name/ Business	TYPE	Services Provided	Website	Email	Phone	Location
Kenmare Family Resource Centre	PARENTING	Parent & toddler groups, parenting services, counselling services	www.kenmarefr.c.ie	info@kenmarefr.c.ie	064 664 2790	Kenmare
OneFamily	PARENTING	Aimed at supporting parents to parent as effectively as they can	www.onefamily.ie	info@onefamily.ie	01 662 9212	Online
Sandra Schmidt * Parent & Relationship Mentor	PARENTING	Parenting courses, parental guidance and support, relationship issues, bereavement support	www.Sandraschmidt.ie	sbensly@gmail.com	087 629 8519	Kenmare

Name/ Business	TYPE	Services Provided	Website	Email	Phone	Location
Tusla	PARENTING	Dedicated State agency responsible for improving wellbeing and outcomes for children	www.tusla.ie	info@tusla.ie	01 771 8500	Online Kerry
Absolute Personal Fitness & Pilates with Jane Sharp	PHYSICAL HEALTH	Pregnancy fitness & Pilates, Mum & Baby classes	www.facebook.com/absolutefitnessjanesharp/	janessharp1@hotmail.com	087 744 9306	Tralee
Carey Yoga + Nutrition	PHYSICAL HEALTH	Prenatal yoga, kids yoga, nutritionist	www.careyyogaandnutrition.com		087 686 1844	Waterville
Fiona Healy * Physical Therapist	PHYSICAL HEALTH	Specialises in women's health physio, pregnancy and post-natal dysfunction, pregnancy pilates classes	www.kerryphysiotherapy.ie	fionaphysiotherapy@gmail.com	064 667 0960	Killarney

Name/ Business	TYPE	Services Provided	Website	Email	Phone	Location
Helen Harvey * Dietitian	PHYSICAL HEALTH	Prenatal and postnatal nutrition consults, weaning and children's nutrition	www.facebook.com/helenharveydietitian/	hhdietitian17@gmail.com	083 862 1154	Kenmare
Kenmare Clinic Sports Injury & Rehabilitation	PHYSICAL HEALTH	Prenatal and postnatal pilates	www.kenmareclinic.ie	kenmareclinic@gmail.com	087 282 3674	Kenmare
Kenmare Mindfulness & Yoga	PHYSICAL HEALTH	Pregnancy yoga	www.kenmaremindfulnessandयोगa.com	darinaoshea@hotmail.com	085 167 3800	Kenmare
Navé Yoga	PHYSICAL HEALTH	Pregnancy and postnatal yoga classes	www.naveyoga.com	naveyoga@gmail.com	087 260 1624	Killarney
Pregnancy Yoga Tralee	PHYSICAL HEALTH	Pregnancy yoga	www.ebbflowyoga.ie	ebbflowyogaireland@gmail.com	087 367 9132	Tralee

Name/ Business	TYPE	Services Provided	Website	Email	Phone	Location
Pro Fitness Tralee	PHYSICAL HEALTH	Prenatal and postnatal exercise	www.facebook.com/profitnesstralee/	profitnesstralee@yahoo.ie	086 835 1845	Tralee
Sara Tucker Yoga	PHYSICAL HEALTH	Pregnancy yoga, mum & baby yoga	www.saratucker.yoga.ie	info@saratuckeryoga.ie	087 631 7410	Killorglin
The Bump Room	PHYSICAL HEALTH	Pregnancy fitness classes	www.thebumproom.ie	support@thebumproom.ie	086 314 1447	Online Killarney
Thelma Caples Paediatric Physiotherapy	PHYSICAL HEALTH	Paediatric physiotherapy	www.facebook.com/paedsphysiokerry/	kerrypaedsphysio@gmail.com	086 272 4653	Tralee
Caroline Flynn Photography	RETAIL	Newborn photography	www.carolineflynnphotography.com	carolineflynnphotography@gmail.com	086 211 4492	Castlegregory
Cloth Nappy Library	RETAIL	Advice and hiring service for cloth nappies	www.clothnappylibrary.ie			Online

Name/ Business	TYPE	Services Provided	Website	Email	Phone	Location
Dawn Bergin * WhimsyPots	RETAIL	Ceramic baby hand & foot prints and imprints, belly plates, baby keepsakes	www.whimsypots.ie	dawn@whimsypots.ie	086 455 4988	Kerry
Double Cuddles - Handmade by Aga	RETAIL	Handmade, bespoke items for babies, kids and adults,	www.facebook.com/twin.pillowsandmore/		087 316 1380	Milltown Killarney
Mom2B - Maternity in Style	RETAIL	Maternity and nursing clothes, maternity and nursing products	Truedream.fun/mom2b-maternity-in-style/		087 785 0964	Killarney
Sara O'Connor * Photography	RETAIL	Specialising in pregnancy and newborn photography	www.saraoconnorphotography.com	saraoconnorphotography@gmail.com	083 184 4566	Killarney Kerry
The Nappy Camper	RETAIL	Cloth nappy consultations, retails cloth nappies & starter kits	www.facebook.com/thenappycamper	info@thenappycamper.ie	086 379 7243	Kerry

**Have a pregnancy or early parenting business or service you'd like to have listed?
Get included in the next update, simply PM the Facebook page
www.facebook.com/RosyBirths
or email
rosybirths@gmail.com**

