



Sinéad de hOra is a Multi Award-Winning Intuitive Specialist, Author of 2 oracle decks and The Intuitive Guide Journal. As seen in Vogue, Talter, Elle, Psychic News Magazine and many other leading publications, as well as offering online courses that support your intuitive growth, Sinéad collaborates five-star hotel spas and resorts in Europe and on an international basis offering her intuitive healing, intuitive based workshops and retreats.

Sinéad is on a mission to bring awareness back to your intuition. *“Your intuition is your internal compass. When connected, you’ll always find your way”*. Everything she does is based on her intuitive guidance. When working with her, she asks that you refrain from disclosing any information to her as her intuition will tell her all that she needs to know. Combining philosophies, alternative therapies, a variety of massage techniques, meditation, visualisation, mindful therapies, energy reading, energy healing and more, the aim is to remove energetic blocks, limiting beliefs and anything that is holding you back from being who you are meant to be. Working with Sinéad will help you to expand your consciousness, increase your intuitive ability and you will learn to live in harmony with your mind, body, and energy... *when in balance, everything flows!*