

Suraya Diaz

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A NATURAL LIFE

by *Dr. Suraya Diaz*



Dr Suraya Diaz enjoyed a successful career in medical, scientific research in countries across Europe before moving to Galway to set up her organic health foods and cosmetics businesses.

Suraya, who is originally from Aveiro in Portugal, was always interested in herbs and home remedies. She always knew that she wanted to have her own business. Suraya settled on Galway as the location for her new venture after she was prompted to leave England when she felt the environment there was changing due to Brexit and was not very business-friendly.

Now she has an organic health store in Ballinasloe and three distinct online businesses – A Natural Life by Dr Suraya Diaz, which offers her own brand of organic food, drinks, herbs and supplements, Pure by Dr Suraya Diaz, which produces organic cosmetics all developed and manufactured in Galway, Ireland, and a new learning and scientific research Institute to be launched next year named Natural Health Institute by Dr Suraya Diaz.

Suraya founded the company in January 2020 but had spent a number of years prior to that in a product development phase. This involved getting ingredients, packaging and formulas approved by different organic certification bodies.

Although she already had a PhD in Biochemistry and Molecular Biology and a Master's in Clinical Microbiology, Suraya achieved further qualifications in Herbal Medicine, Naturopathy, Homeopathy, Hypnotherapy, Rapid Transformational Therapy and Nutrition before launching the business.

Suraya says that the ACORNS programme taught her aspects of running a business that she had not been aware of, and that it was very beneficial to meet other women in the same situation as herself, setting up a business in a rural environment.

As well as being available online and in a number of stores in Ireland, Suraya's products are also exported to the UK, Germany, the Netherlands, Sweden and Spain. She is currently rebranding ahead of the launch of her cosmetics range, and she hopes to employ more people in the next couple of years.

Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.



An Roinn Talmhaíochta,
Bia agus Mara
Department of Agriculture,
Food and the Marine