

Nicola Flanagan

Wellness at the Coach House

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Nicola Flanagan set up Wellness at the Coach House, a day spa retreat, on the grounds of her family stud farm in Tullyallen near Drogheda, Co. Louth, in 2020.

With two treatment rooms and a team of therapists providing holistic treatments in reflexology, reiki, and face and body treatments, the spa's convenient location off the M1 motorway, pastoral and woodland surrounds, and high standard of service, earned the facility the Best Wellness Experience at the Tatler Awards in 2022.

"It was fantastic to win the award – for the honour itself and it presented networking opportunities as we met one of our spa brand partners, Ground Wellbeing, at the awards event. Since then, we have formed an association with an additional spa brand, Bamford. Between them, they provide beautiful face and body products that we use in our treatments," says Nicola.

Nicola says she is looking into improvements to her offering, with plans in place to renovate a disused set of stables to create additional treatment rooms, bathing and thermal facilities. "We want to grow and diversify our offering, so hopefully we'll be ready to get started on that very soon," she says.

Nicola hails the "amazing" impact that ACORNS has had on her business, adding that the strength of the programme was in the diversity of expertise among the participants.

"I was in with a fantastic group of people involved in all sorts of industries. There was lots of energy in the meetings and a lot to take from each person's contributions. The main thing is that the monthly meetings keep you accountable to your own targets," she says, adding that access to the ACORNS network has also been beneficial.

"The network is also brilliant. One of the girls from ACORNS is our contact for delicious catering so it's great that we can cross-refer and support one another."

