

Christina Foley

Inish Living



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In November 2022, Christina Foley launched her business Inish Living at her home in Tuosist on the Beara Peninsula in Co Kerry.

Inish Living is a luxury lifestyle wellness brand which nurtures wellness through movement, rest and play. Collections include bio-based yoga mats and accessories, thick wipeable play mats and customised, temperature-controlled TENCEL™ Lyocell bed linen designed for deep sleep, made from high-quality materials, designed to last.

Christina, a Chartered Physiotherapist with her own practice in Kenmare, grew up working in the hospitality industry with her mother, restaurateur Maura O'Connell Foley.

While co-producing My Wild Atlantic Kitchen, her mother's cookbook which launched in April 2020 during Covid, Christina felt the urge to start something creative blending her health and wellness expertise with her love of functional design and materials.

The business has grown since launch, continuing her web shop and expanding into B2B. With her hospitality experience, Christina saw a gap in the market for wellness partnerships for hotels, offering custom products and a wellness series based on her physio experience.

Sheen Falls Lodge became the first hotel partnership, followed by The Adare Manor, Dromoland Castle and The Killarney Park among others.

Recently, in her biggest business highlight to date, the brand was among the first 100 companies in Ireland to be B Corp Certified. B Corp recognises businesses that balance profit with purpose through ethics and sustainability.

Christina says the ACORNS programme has had a major impact on her business mindset. Her peers' experience and input at the roundtables and beyond were golden. The sense of connection and support from the community of motivated women across Ireland was a powerful part of the experience.

Plans for the business include gaining more clients among global hotel groups and continuing partnerships with clinics, wellness studios and events.

