

## Laura Powell

*Beechfield Holistic*



### CONTACT DETAILS

T: +35387 7944 007

E: [hello@beechfieldholistic.ie](mailto:hello@beechfieldholistic.ie)

W: [www.beechfieldholistic.ie](http://www.beechfieldholistic.ie)

Instagram @beechfieldholistic



BEECHFIELD  
HOLISTIC

Laura Powell has always valued the importance of self-care, making regular appointments for reflexology and massage treatments to support her wellbeing.

It was while on a career break from teaching Maths in secondary school that the Tullamore native decided to try something different and enrolled in an Indian Head Massage course. She loved giving treatments and got great satisfaction when she could see the difference she made. In 2024, with encouragement from supportive family and friends she set up her business, Beechfield Holistic from her home in Portarlington, Co. Laois.

"Last year I continued my professional development in Holistic care, adding Holistic Massage Therapy and Aromatherapy to my range of treatments. I really wanted to help other people feel their best and improve their wellbeing," says Laura, who has also trained in Hand Reflexology and Hopi Ear Candling.

At the start of 2025, Laura completed a purpose-built Therapy Room on her beautiful eight-acre site, surrounded by trees and tranquil views. This was a huge asset to her business as it created a dedicated space where clients switch off, get their treatment of choice and afterwards relax with water or tea inside or out on the deck. "I want it to be an experience from the moment they drive through the gates." she says.

"In the future I plan to add more treatments. I'm looking forward to offering reflexology and in time Reiki" she says.

Laura hails ACORNS as "inspirational" and vital to the development of her business. "It makes you look at every aspect of your business and the whole process, from the round tables to engagement with our amazing lead entrepreneur, Alison Ritchie, gave great insights and inspiration."

She continues: "The whole group was so supportive of each other, giving advice and encouragement. It's a great community and I would recommend it to anyone who is in the early stages of their business journey."

