



Anam Grá

Booking & Cancellation Policy

I know that life with little ones, and life in general, can be unpredictable. My booking and cancellation policy is designed to be flexible while also protecting the time I hold for you.

Booking Your Session

All sessions and courses can be booked through the online booking form or by contacting me directly. Payment is required at the time of booking to secure your place.

Cancellations & Rescheduling

If you need to cancel or reschedule, please give at least 24 hours' notice. Cancellations made with less than 24 hours' notice may not be refundable, except in cases of emergency. I will always do my best to accommodate rescheduling where possible.

Courses & Packages

For infant massage courses and multi-session packages, missed sessions cannot be refunded but I will do my best to offer a catch-up option where available.

Thank you for respecting this policy—it allows me to offer consistent, caring support to you and all the families I work with.