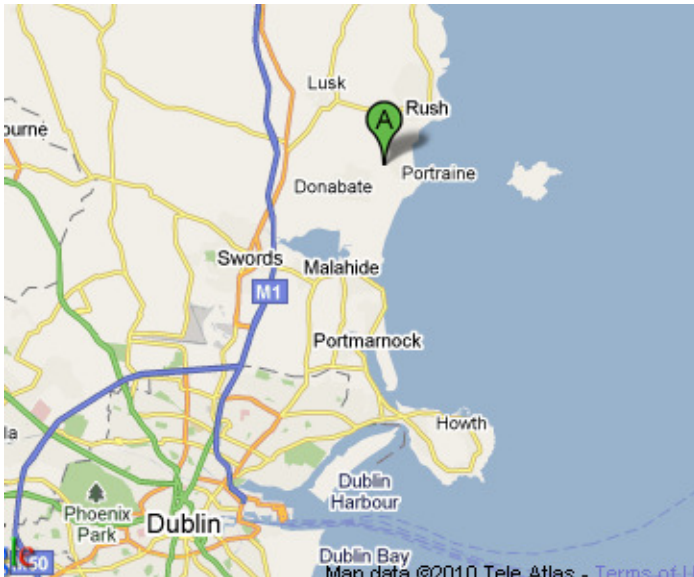


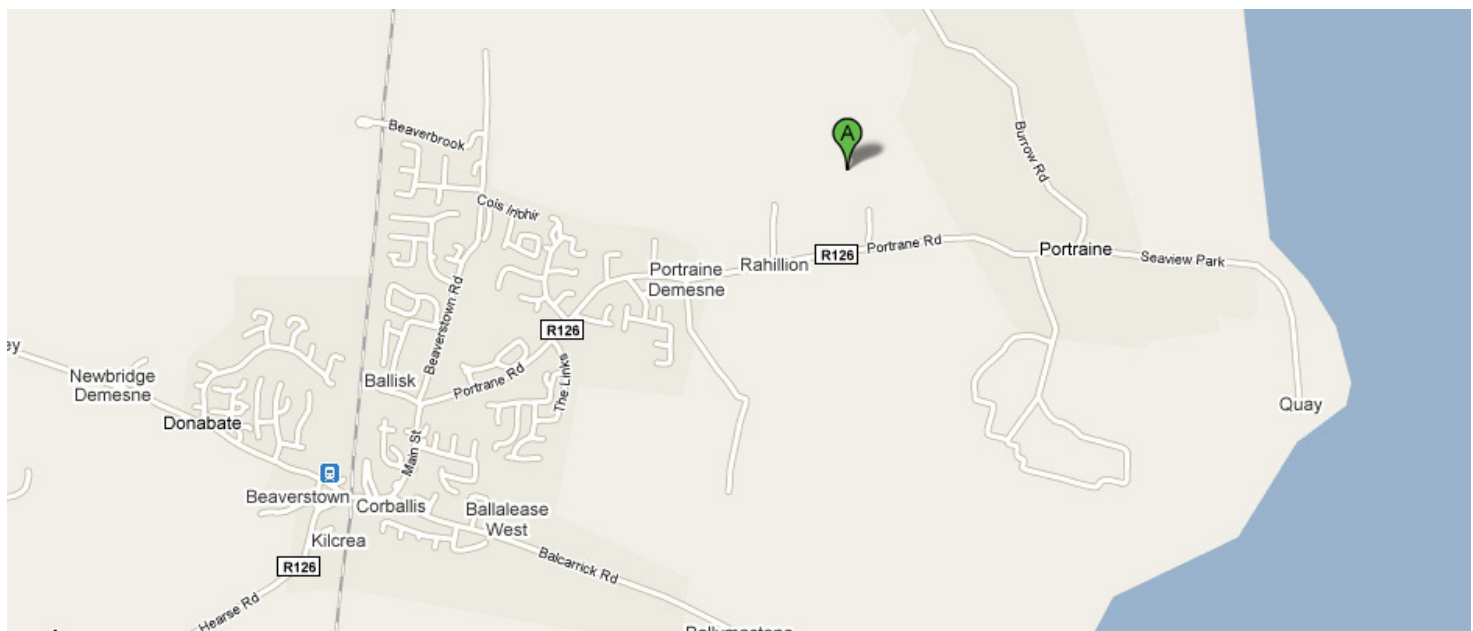


Directions to the Healing Room from the M1:

Take the Donabate exit from the M1 (exit 4). Follow the road signs towards Donabate (R126). Continue down the Hearse road towards Donabate village. Go over the bridge, through Donabate village, past a red brick church on the right and the Super Value on the left. Continue along the road towards Portrane. You



will pass the community centre on left. Then pass the national school on the left and Londis shop on the right. You will then come to a straight road. Take the 2nd lane on the left, the lane is marked **Cul de Sac**. Continue up this lane until it splits into two. Take the right lane and continue until you are at the top of the lane.



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