

## About the Service

The Makeup Therapy Service was established by Emma Harte, a Clinical Specialist Speech and Language Therapist with many years experience supporting patients in their rehabilitation journey.



Through her work Emma recognised a desire among patients to rediscover their confidence and reconnect with once-loved routines like skincare and makeup.

Emma became a qualified professional Makeup Artist to develop a unique Makeup Therapy service, supported by the HSE Spark Innovation Programme.

To find out more about this service, or request a referral, ask a member of your rehabilitation team or email [Therapy.Admin@nrh.ie](mailto:Therapy.Admin@nrh.ie).



## Contact details:

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**Makeup Therapy Service**

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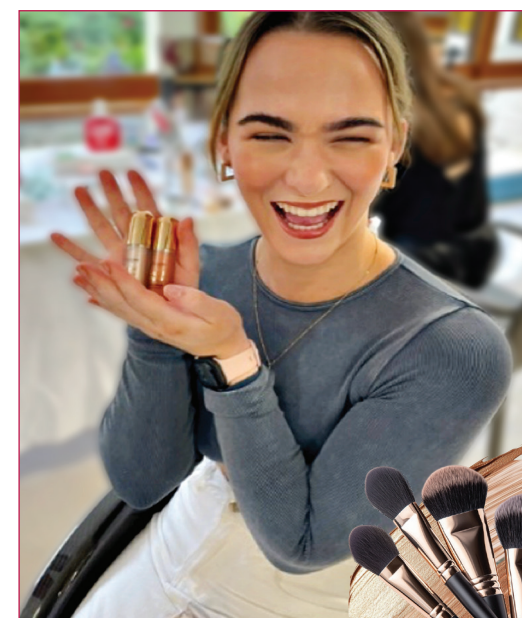


The National Rehabilitation Hospital is accredited by CARF (Commission for accreditation of Rehabilitation Facilities) for a range of services, confirming they meet recognized international standards



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## Makeup Therapy Service



## Information for Patients



## Rediscover your Confidence

Makeup Therapy aims to support you in your ability to apply and enjoy skincare and makeup. The service promotes wellbeing and independence through individual and group sessions.

## Makeup Therapy - Supporting Rehabilitation through Self-Care

The Makeup Therapy Service provides a supportive and inclusive space for both adults and young people at the National Rehabilitation Hospital to re-engage with and learn new makeup application skills and skincare routines.

Many patients express a desire to enjoy using makeup again, but face significant barriers due to recent changes in physical, cognitive, or communication abilities. The service offers a safe and structured environment to explore makeup and skincare as part of the recovery journey.

### Benefits of the Makeup Therapy Service:

- Learn new techniques to help you overcome difficulties in applying makeup.
- Supports you with rediscovering your confidence and identity.
- Provides a structured and supportive environment for you to learn new skills.
- Gives access to skincare and makeup products as of part of therapy sessions.



## Holistic Approach to Rehabilitation

Makeup sessions are tailored to align with your rehabilitation goals. These sessions offer opportunities to work on physical, cognitive, communication, and psychological skills through a personally meaningful and motivating activity.

Patient feedback highlights how the service enhances the rehabilitation experience, fosters a positive sense of identity, and provides a sense of achievement.

### The Makeup Therapy Service aims to:

- Support rehabilitation through meaningful tasks involving makeup application that can continue to be used after your stay at the NRH.
- Promote overall wellbeing.
- Foster a positive sense of identity and peer connection in a supportive environment.

## Patient Feedback

"When I look in the mirror, I don't see me, I see a disabled person. Now, I look like myself, thank you, truly thank you!"

"It was a break from reality that many of us are facing. A lovely hour to improve your skills and doing what you love."

"It's hard to find joy in hospitals, and it takes time to love yourself again, your new self. This class helped me love the new me, to find beauty in me."

