Orba
Health & Wellbeing

Your Health and Wellbeing is our business...

9 Tormore Road
Omagh
Co. Tyrone BT79 0NF
Tel: 028 8224 2160 / 0759 6592 117
ORBA is a multi award winning, purpose-built Health & Wellbeing facility established in 2012.

We offer a broad range of activities to support individuals and groups improve and sustain enhanced physical fitness, good health and mental wellbeing.

Orba’s welcoming ambience supports our excellent reputation for unrivalled client satisfaction.

Facilities include:
- Designated Yoga Studio and introducing Tyrone’s only outdoor Yoga Shala, blended with nature
- Designated Pilates Studio
- Massage Suite
- Infrared Sauna
- Outdoor Hot Tub
- Indoor Spa Relax Area and Outdoor Patio
- Mindfulness Sensory Gardens and Walk
- Male / Female Changing Areas with Showers & Lockers
- Lounge / Reception / Catering Facility
- Spacious Parking & Landscaped Grounds in a convenient location approximately 2.5 miles from Omagh town, just off the B4 Drumnakilly Road

All facilities are fully accessible

OUR ETHOS IS:
“Your health & wellbeing is our business.”
Yoga, Hatha, Ashtanga, Dynamic, Vinyasa Flows, Yin, Restorative, Yoga Therapy, Hot Yoga, Meditation, Partner Acrobatics.

Pilates
Mat & Ball based Pilates. Postural correction and rehabilitation aide.

Dance
Jive, Salsa, Tango, Burlesque, Ballroom, Line Dancing, Waltz.
We offer First Wedding Dance instruction. We will choreograph a dance for your Hen, Stag or any event.

Exercise & Weight Loss
Cardio Exercise
Strength & Endurance Training
Wedding Preparation
Fat Loss Detox Training

Orba studio hosts a vast array of classes, courses and workshops. All our activities can also be availed of as private and small group sessions. We offer classes for absolute beginners, intermediate & advanced participants, as well as masterclasses.
PRE-NATAL, FERTILITY & PARENT THERAPIES

Pre Natal Yoga: Classes, private & small group sessions available
Parent & Child exercise events and activities
Baby Yoga
Kids Pilates
Baby Massage workshops
Baby Showers
Pre Natal Massage, Therapeutic Facial & Reflexology
Fertility Reflexology
Join us in our rural paradise, where you, as an individual, couple or group, will be welcomed to discover and savour the therapeutic Orba ambience...

Just bring yourself & your swimwear - let us do the rest!

Call 028 8224 2160 to make your reservation and discuss what additional therapies can be included to maximise the benefits of your visit.

- Exclusive use of all requested facilities
- Hot Tub, Sauna, Relaxation Area and Patio Area
- Dance/Yoga/Activity Sessions
- Bubbles & Nibbles/Refreshments
- Massage / Facial or Reflexology
- Infused Waters / Herbal Teas
- Use of Luxury Robes, Towels & Footwear
- Secure changing facilities with showers & hair-dryers
- Access to forest picnic areas & sensory walk

NB: All times quoted include preparation & changing. Towels, Robes & Footwear are provided but customers should bring appropriate swimwear. 20% deposit required at time of booking. Terms and conditions apply.
therapeutic spa treatments

SPECIALIST MASSAGE
• Bespoke Massage
• Swedish Full Body
• Swedish Upper Body
• G5 Full Body Sports Massage
• G5 Sports Massage area specific
• Audio Sonic Full Body Massage
• Audio Sonic Back Massage
• Hot & Cold Stone Massage
• Infra Red Massage
• Myofacisal Release Massage
• Deep Tissue
• Lymphatic Massage
• Senior Massage
• Aromatherapy Massage
• Detox Fat Burner
• Relajese
• 20:20 Athletes Special

REFLEXOLOGY including Oncology
Reflexology, Fertility & Pre-Natal

KINESIOLOGY

INDIAN HEAD MASSAGE

HOPI EAR CANDLING

WAXING Specialist Waxing for both
male & female clients.

AESTHETICS CLINIC
• Micro Needling
• Chemical Peels
• Dermaplaning
• Therapeutic Facials
• Natural Face Lift

NUTRITIONAL WELLBEING

COUNSELLING

PHYSIOTHERAPY

PSYCOOTHERAPY

“Just because massage feels like a pampering treat doesn’t mean it is any less therapeutic. Consider massage appointments a necessary piece of your health & wellness plan, and work with your therapist to establish a treatment schedule that best meets your needs. At ORBA we offer customers a free consultation to determine what therapy is appropriate for them.”

– ORBA THERAPIST, CAROLINE MULLAN –

SIGNATURE RETREATS
We offer Weekend, Day & Half Day
Yoga, Wellbeing, Spa, Detox &
Weight Loss and Dance Retreats.

For detailed information about ORBA, visit our website
orbahealthandwellbeing.com where
new activities, courses, workshops &
special offers are uploaded regularly.

Keep in touch with the ORBA Team
on Facebook and Instagram.

Visitors to the area - include a visit to
ORBA on your itinerary!
HOT TUB HYDROTHERAPY
Our outdoor hot tub rests among unspoilt nature where clients can relax & soak in the therapeutic benefits of the hydro jets. A customised gazebo provides overhead shelter while the unrestricted surrounding views scan the adjoining countryside. Total privacy is assured at all times. While the calming & relaxation benefits of hydrotherapy are commonly accepted the contribution to health and wellbeing is underestimated...

- Supports better sleep patterns (particularly if experienced a short time before bed)
- Relieves stiffness & pain associated with conditions like arthritis
- Helps control blood pressure
- Supports diabetes management by lowering glucose levels in the blood
- Can aid weight loss

INFRARED SAUNA
Our Infrared sauna provides controlled heat, created by light emitting panels, directly into the body. This works on a cellular level, promoting white blood cell production which aids repair and restores physical & mental health. It is excellent for sports preparation and recovery, and is used in the treatment of many health issues including fibromyalgia and cancer. It is a safe, highly effective preventative and restorative treatment.

- Greatly enhances the benefit of massage treatments by reducing muscle tension
- Reduces the affects of stress
- Relieves chronic pain
- Aids weight loss
- Detoxifies the body
- Acts to help attain deeper more refreshing sleep experiences
- Accelerates cell regeneration
Our Customer Commitment

At ORBA each customer is valued as an individual whereby their specific needs are assessed and participation in activities offered at a level with which they are comfortable.

We take great pride in forming personal relationships with all our customers and caring for their requirements individually. Customers have exclusive access to all our facilities which are maintained to the highest standards with each customer’s comfort and experience being of paramount priority.

All our instructors, therapists and staff are fully qualified and widely experienced in their respective disciplines. Our team is fully committed to ensuring that your ORBA experience fully meets your requirements and expectations.