

## Embracing hand massage at Lulworth House Residential Care Home



**Our Recreation & Wellbeing champions at Lulworth House Residential Care Home love to pamper our ladies and gents with hand massages. These provide a wonderful way to make an individual connection with someone, which is so special.**

They take great care to ensure residents enjoy the whole experience and feel comfortable and relaxed.

As team member Tracy says:

*"When I deliver a hand massage I warm my hands first. During the massage I always stop a couple of times to hold the resident's hand between my palms to radiate the heat. When I do this the resident always says 'oh that's lovely'. Engaging fully during person-centred relaxation makes all the difference."*