

Lulworth House Residential Care Home ladies enjoy relaxing Namaste treatments



On Tuesday 19 February we started our Namaste sessions here in our conservatory at Lulworth House Residential Care Home.

To create a beautiful and relaxing atmosphere we set up scent diffusers and colourful decorations in the room including colourful table cloths, patterned window drapes, flowers and fresh fruit. The room looked and smelled wonderful!

We served hot fruit teas, cappuccinos and latte coffees for our ladies to enjoy and relax with. We then engaged them in head and foot massages to ease away any tension and stress. We also enjoyed painting their nails.

Those who took part said that they felt so '*relaxed and spoilt*', which is just what we want to hear! We're so glad you enjoyed it ladies.

We look forward to running a weekly Namaste session every Tuesday in our **Home**.



