

## Hengist Field Care Home embraces Namaste



We are very pleased to have started Namaste sessions here at Hengist Field Care Home and currently do this for our residents one afternoon a week. This week our Recreation and Well-being Team members running Namaste were Mihaela and Debbie.

**Namaste** is all about the **senses** – touch, smell, taste, hearing and sight.

We use one of our big lounges and use **essential oils** to create wonderfully relaxing aromas.

To enliven the **taste buds**, we have an assortment of fruit and yoghurts on offer, which included some delicious water melon this time around.

We perform soothing **hand and facial massages** on our residents, with calming music – and have also welcomed relatives of our residents to enjoy a massage themselves.

Some of our residents simply enjoy sitting in the **Namaste** room with us and relaxing, which is lovely to see.

**Namaste** seems to be going very well at **Hengist Field** and we are delighted with how everyone is embracing it.



