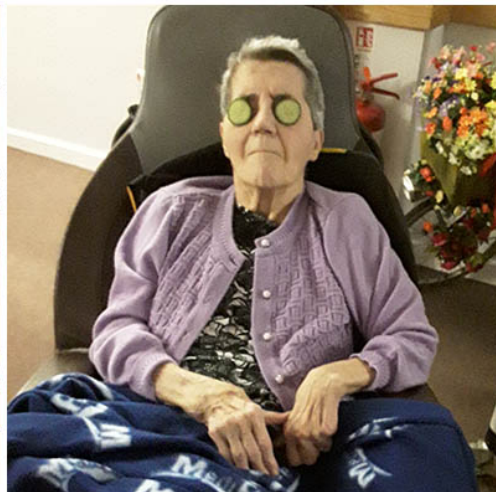
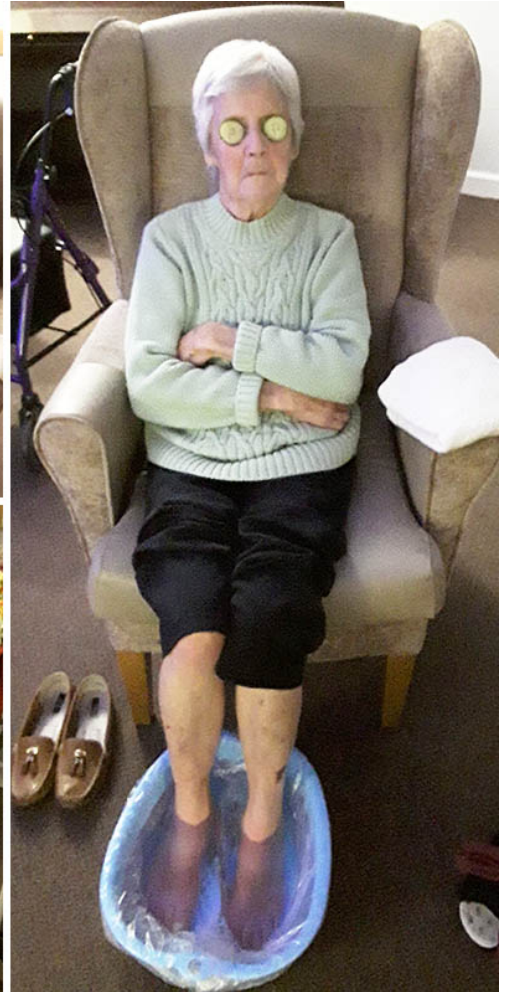


Namaste Day at Hengist Field Care Home



Relaxation and Wellbeing

We had a lovely Namaste Day here at Hengist Field Care Home on Wednesday 23 November.

Our residents enjoyed a day full of **relaxing therapeutic hand and arm massages, foot and leg massages, foot soaks, nail care** and **cooling cucumber eyes treatments**.

We had some beautiful **soft music playing** – from birds singing and waves breaking on the beach, to pan pipes playing.

We dimmed our lighting and set a gorgeous aroma from a **colour changing diffuser**.

Everyone said how **revitalised, calm and relaxed** they felt after their chosen treatment, possibly helped by the **little tippie** of their choice, which went down a treat too!