

## Namaste treatments at Hengist Field Care Home



On Friday 16 June we held a relaxing Namaste session here at Hengist Field Care Home.

*Our residents had rooms filled with delights for the senses; soft lighting with gently moving colours, aromatherapy oils misting in the air and relaxing music playing quietly in the background.*

They enjoyed **foot soaks, foot and hand treatments** and **head massages**.

We also held a meditation session, where residents said they felt really calm and relaxed – a real **boost for well-being**.