

Pamper time at Hengist Field Care Home



Our lovely ladies enjoyed a pamper morning on Friday here at Hengist Field Care Home, with foot soaks and massage, nail painting and hand and arm massage.

The foot soak was the favourite treatment. Our ladies enjoyed **soaking their feet** in warm water with Epsom salts, using warm towels to dry them. They then relaxed as they had **soothing foot massages**, all the while having a nice chat with snacks and refreshments.

The perfect way to spend a morning!