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On Tuesday 19 April we created a lovely pamper session here at Woodstock Residential Care Home for our residents; And by the end of it we were all feeling very relaxed!

We soaked our feet in warm bubbly water, enjoyed a cup of tea and a read of the newest issue of the [Nellsar News newsletter](#). Wendy even spotted herself in the magazine!

Our foot spas had a lovely lavender scent and everyone felt so calm and relaxed. Our ladies enjoyed a lovely foot massage after having a soak in the water and said they felt *"as good as new"* and *"very relaxed"*.