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Recently our Woodstock Residential Care Home residents have enjoyed some relaxing Namaste sessions with hand massages and nail care.

We recreated the **perfect spa atmosphere**, using a scented wax burner and soothing music.

We held one-to-one sessions (with glasses of bubbly!) and also had group sessions where everyone relaxed and chatted about the **treatments**. Residents complimented each other on their **lovely fresh nails** and there were lots of smiles all around.

In our group Namaste sessions we had **sea life and insects playing on video** on our television, alongside music, which everyone was fascinated by.

*Everyone thoroughly enjoyed this relaxing session and we had lots of positive feedback about how our residents felt really well looked after and pampered. Staff also commented on how calming the atmosphere was. A fantastic boost to wellbeing!*

**We all love a pamper day here at Woodstock** and we are all looking forward to diving into different ways to make this experience even more relaxing and pleasant.

