

Pampering Day

If you can't do out to a salon or beautician, why not have a pampering day at home?

- Here are some ideas of activities you might like to include:
- Set the scene with some relaxing music, low light and candles if safe to do so.
- Begin by taking some slow, deep breathes and relaxing your body and mind.
- Stretch each limb out and relax it into a comfortable position.
- Begin with a gentle hand massage using lotion if you like, this can be on yourself or on a loved one. Take your time and enjoy the contact and this gentle form of care.
- You might like to have a bubble bath – treat yourself to a glass of wine, some chocolate or even a nice cup of tea!
- Giving your nails a trim and file can really make you feel good and if you like finish with a coat of your favourite polish.
- Put your feet up and read a book with a hot drink and some calm music in the background.
- If assisting a loved one why not do their hair? Wash, comb and dry it into a style and finish with a spritz of perfume or cologne.
- The main thing is not to rush – set out some dedicated time to give to these activities.

