

Sensory relaxation at St Winifreds Care Home



We enjoyed a very relaxing day here at St Winifreds Care Home on Wednesday 23 October, as we hosted a sensory session for our residents.

Using special **lighting effects** in our lounge, together with **soothing aromatherapy oils** and relaxing music, we pampered our ladies with **hand massages** and specially scented hand cream.

They all thoroughly enjoyed chilling out with tea and biscuits. *Perfect!*



Our residents enjoyed the special lighting effects