

Wellness with Namaste and musical instruments at Lukestone Care Home



On Friday 25 November our residents at Lukestone Care Home enjoyed a day of relaxing Namaste care which included nail care, nail painting and hand and foot massages with lavender scented massage oil.

The activity was held in our **sensory room** where **calming music** was playing in the background and **fresh fruits and organic fruit juices** were on offer to everyone. Everybody looked very relaxed as they enjoyed the experience.

Inside the sensory room, our ladies and gents enjoyed calming and peaceful moments during their Namaste care. In contrast, in our main lounge, our staff joined hands to give our residents an exciting performance! We gave **maracas, tambourines and drums** to our residents so they could have fun with them. We **played music and danced along**, which got everyone clapping and some even dancing with us.

Our Carers gave quite the performance as they danced while playing tambourines – *great fun!*