

Enjoying some pampering at Sonya Lodge Residential Care Home



We're sure you'll agree that you can't beat some self-care and pampering time - and it is no different for our residents at Sonya Lodge Residential Care Home.

They enjoy nothing more than some **dedicated one-to-one time and some pampering** to make them feel a million dollars!

This time looks different for each individual; some of our residents enjoyed being treated to a **relaxing manicure** with beautifully **painted nails**, while others love a **hand massage** or their **hair being done**.

One of our newer residents, **George**, decided that he wanted to visit the local barbers for a **hair cut and hot towel shave** to get rid of his beard. We think that he timed this perfectly as he managed to get this done just before the heatwave hit. So now not only is he feeling a lot cooler, but we think he is also looking very dapper!



George enjoying the barbers

Some of our other residents decided to enjoy one-to-one activities with our staff. This included doing **puzzles** over a cup of tea and a chat, **reminiscing** together and **sharing stories** whilst listening to their favourite **music**.... and even some **wine-tasting**!