

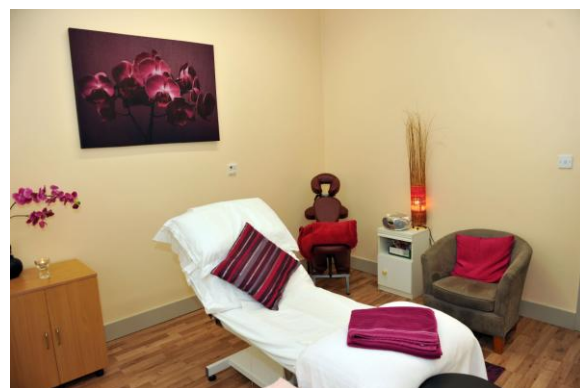


Pamper Day

First and Third Thursday of every month

Arrive 10.00 am: Meet with Team for information on our services at LARCC, followed by tea & coffee

11.00 – 1pm: Relaxing Therapy - options include: Reflexology / Indian Head Massage / Massage



1.15pm – 2.15pm: Light Lunch

2.30pm: Group Meditation / Visualisation

3pm: Free time to enjoy beautiful grounds and Sensory Garden at your leisure.
Enjoy cup of tea / coffee before leaving for home

Capacity on Pamper Day – minimum 4 people, maximum 6. Booking Essential.
Cost for Pamper Day - €50.00 per person. Enquiries from groups or individuals are welcome.

Cancer Support Sanctuary LARCC, Multyfarnham, Co. Westmeath

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