



## **Pamper Day**

### **First Thursday of every month**

*Other dates available on demand – enquiries welcome*

**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**

**Tel: 044 9371971 / Callsave 1850 719719**

**Email: [info@cancersupport.ie](mailto:info@cancersupport.ie) Web: [www.cancersupport.ie](http://www.cancersupport.ie)**