



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 / Back Massage

1.15pm – 2.15pm: Light Lunch

2.30pm: Group Meditation / Visualisation

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



Capacity on Pamper Day – min.4 people, max. 6 Booking Essential
Cost for Pamper Day - €50.00 per person.

Enquiries from groups or individuals always welcome.

Cancer Support Sanctuary LARCC, Multyfarnham, Co. Westmeath

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