

Loose Valley Care Home residents enjoy some hand pampering



Here at Loose Valley Care Home we have several ladies who love to keep their nails looking nice and smart.

Having your nails painted and being given a **manicure and a hand massage** is a really nice way to relax and have a good **one-to-one chit chat**. It is also great for relieving aches and pains in your hands.

This has become a bit of a weekly session for us here and a chance for our residents to change their nail varnish colour to whatever they fancy.