

Women in Rail East Midlands

Pamper Evening

from Home



Improving health and wellbeing at work and at home is proven to have a profound impact on productivity and our mental health.

Join us and Chris Parkes from Temple Spa for 'The Spa Experience Relaxation Workshop'.

Thursday 20th August, 7pm

Chris will give back some much needed "me time" to help you to forget any stresses in life. He will introduce techniques direct from the spa for you to use at home to create your own moment of self-care. Reducing stress and anxiety to improve your general overall wellbeing. Chris will guide you through a de-stress neck and shoulder ritual, deeper breathing techniques along with facial and hand massage to release any tension you may have.

This will be run as a ZOOM meeting. Each participant will be sent a Temple Spa kit for use on the night.

We have 20 spaces available, book your space now at: <https://bit.ly/30bL1lt>

Event registration closes Thursday 13th August.

