



Pampering Sessions

Supporting parents and families
(Cork)

The Pampering Day is a Mothers' Union initiative for busy women and mothers, who sometimes just don't have the time to pamper themselves.

The pampering sessions run from 2pm-6pm on a Saturday with an optional dinner at 6:30pm. On average 70 people attend including volunteers. Please see brief notes below. Mothers' Union organise these sessions using around 10 volunteers.

The following pampering sessions are available for participants:

- Facials
- Hand massage
- Nail painting
- Tutorial on skin care



Tea/coffee and homemade biscuits are provided during the break as well as a reflection and prayer at the end, at which point 'goody bags' are also distributed.

(Please also see notes below)

For general guidelines about setting up and developing outreach initiatives, go to the members' section of the Mothers' Union website www.themothersunion.org

Please note:

At least one qualified beautician needs to be involved in this initiative for insurance purposes.

It is important to source products that use natural ingredients, such as cleanser, hand cream, facial cream, etc.

Advise people which products are being used so that they can indicate if they have any concerns or reservations.

Please note: this is an event for adults. If children are included, additional risk assessments will need to be undertaken.