



Derbyshire  
Carers  
Association

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[www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk)

## Pamper Day

Monday 6th February

Treat yourself this February, with a **30 minute treatment** at our Pamper Day. Cakes and hot drinks will be provided, along with the chance to stay & chat to other Carers.

**Hilton Village Hall**  
Peacroft Lane  
Derby  
DE65 5GH

**Monday 6th February**

10am - 2pm

### Treatments include:

- Back massage
- Head massage
- Reflexology
- Facial
- Hand massage
- Reiki
- Back, neck & shoulders massage
- Legs remedial
- Deep tissue massage
- Sports massage
- Relaxation massage

A therapist will also be on hand to recommend rehabilitation exercises and nutrition.

For more information and to book a place, please contact Katie Matkin by phone, **07773 173 416** or email: [katie.matkin@derbyshirecarers.co.uk](mailto:katie.matkin@derbyshirecarers.co.uk)