

WELLNESS WEEK

20 - 24 NOVEMBER 2023



SITE: **HEMEL HEMPSTEAD**

LUTON

WATFORD

DATE	MONDAY 20 NOVEMBER	TUESDAY 21 NOVEMBER	WEDNESDAY 22 NOVEMBER	THURSDAY 23 NOVEMBER	FRIDAY 24 NOVEMBER
MORNING (8:30am - 12pm)	<p>Hair - Watford Hair treatments available at 9:30am.</p> <p>Treatments available: • Wash, cut and blow-dry • Wash and blow-dry</p> <p>Book by: Phone: 01923 812277 (ext 2277) In person: E205</p>	<p>Wellbeing - Watford Wellbeing and Stress Coping Strategies sessions available at 10am - 11am.</p> <p>Book by: Email: traininganddevelopment@westherts.ac.uk</p>	<p>Breakfast - Hemel Hempstead There will be pastries and fruit available for staff from 8:30am - 10:30am.</p> <p>This will be served from the canteen.</p>	<p>Breakfast - Luton (NBR and EW) There will be pastries and fruit available for staff from 8:30am - 10:30am</p> <p>This will be served from the LRC</p> <p>Beauty - Luton (NBR) Beauty treatments available from 10am - 1pm.</p> <p>Treatments available: • Massage (1 hour)</p> <p>Book by: Email: Lorraine.Knight@barnfield.ac.uk or Daisy.Chapman@barnfield.ac.uk Phone: 07824 452232 <i>*quote Staff Wellness</i></p>	
AFTERNOON (12pm - 5pm)		<p>Beauty - Luton (NBR) Beauty treatments available at 1:30pm or 4:45pm.</p> <p>Treatments available: • Back massage (45 mins) • Facial (1 hour) • Manicure (1 hour) • Pedicure (1 hour)</p> <p>Book by: Email: Lorraine.Knight@barnfield.ac.uk or Daisy.Chapman@barnfield.ac.uk Phone: 07824 452232 <i>*quote Staff Wellness</i></p>	<p>Hair - Watford Hair treatments available at 12:15pm and 2:15pm.</p> <p>Treatments available: • 12:15pm - Colour/ tints/ regrowth <i>*patch test required 48 hours prior</i> • 2:15pm - Wash/ cut/ blow-dry</p> <p>Book by: Phone: 01923 812277 (ext 2277) In Person: E205</p>	<p>Hair - Luton (NBR) Hair treatments available from 1pm - 3:15pm.</p> <p>Treatments available: • Blow-dry • Conditioning treatments</p> <p>Book by: Email: Lorraine.Knight@barnfield.ac.uk or Daisy.Chapman@barnfield.ac.uk Phone: 07824 452232 <i>*quote Staff Wellness</i></p>	<p>Wellbeing - Hemel Hempstead Wellbeing and Stress Coping Strategies sessions available at 1:30pm - 2:30pm.</p> <p>Book by: Email: traininganddevelopment@westherts.ac.uk</p>
		<p>Fitness - Watford Intro to Taekwando session available at 1:45pm - 3pm.</p> <p>Book by: Email: traininganddevelopment@westherts.ac.uk</p>	<p>Hair - Luton (NBR) Hair treatments available at from 1pm - 4:15pm.</p> <p>Treatments available: • Cut and blow-dry • Conditioning treatments • Blow-dry</p> <p>Book by: Email: Lorraine.Knight@barnfield.ac.uk or Daisy.Chapman@barnfield.ac.uk Phone: 07824 452232 <i>*quote Staff Wellness</i></p>	<p>Beauty - Luton (NBR) Beauty treatments available from 2pm - 4pm.</p> <p>Treatments available: • Massage (1 hour)</p> <p>Book by: Email: Lorraine.Knight@barnfield.ac.uk or Daisy.Chapman@barnfield.ac.uk Phone: 07824 452232 <i>*quote Staff Wellness</i></p>	
			<p>Beauty - Watford Dermologica Facial and Patch Test for Laser/ IPL Hair Removal or Skin Rejuvenation available at 2pm.</p> <p>Book by: Email: thesalon_beauty@westherts.ac.uk Phone: 01923 812465 (ext 2465) In person: E104</p>	<p>Beauty - Watford Dermologica Facial and Patch Test for Laser/ IPL Hair Removal or Skin Rejuvenation available at 2pm.</p> <p>Book by: Email: thesalon_beauty@westherts.ac.uk Phone: 01923 812465 (ext 2465) In person: E104</p>	<p>Fitness - Hemel Hempstead Intro to Taekwando session available at 2pm - 3:15pm.</p> <p>Book by: Email: traininganddevelopment@westherts.ac.uk</p>
EVENING (5pm - 9pm)		<p>Beauty - Watford Dermologica facials available at 5:30pm (1 hour) and 6:45pm (1 hour).</p> <p>Book by: Email: thesalon_beauty@westherts.ac.uk Phone: 01923 812465 (ext 2465) In person: E104</p>	<p>Hair - Watford Hair treatments available at 6:15pm.</p> <p>Treatments available: • Wash and blow-dry (45-60mins)</p> <p>Book by: Phone: 01923 812277 (ext 2277) In Person: E205</p>	<p>Introduction to Floristry - Hemel Hempstead Session available at 6:30pm - 8:30pm.</p> <p>Book by: Email: traininganddevelopment@westherts.ac.uk</p>	