



BEAUTY WORKSHOP

OVERVIEW

During Teens Unite's beauty workshops, the young people are pampered from head to toe by professional nail technicians, beauty therapists, make-up artists, massage therapists and reflexologists.

Cancer treatment can often cause skin irritation, dryness and sensitivity and the professionals on the day will help the young people to care for their skin and recommend which products to use and avoid. They will even be provided with skincare and beauty products, which they can try on the day with the help of experts and take them home in their goody bags.

The workshops are an opportunity for the young people to meet others in a similar situation to themselves in a safe and comfortable environment where there is no need to feel self-conscious or insecure.

AIMS OF THE WORKSHOP

- To boost well-being and quality of life
- To improve self-esteem
- To reduce feelings of anxiety, isolation or depression, particularly feelings related to body image
- To improve social and peer support networks between the young people
- To encourage the young people to feel confident about their body image
- To provide an enjoyable experience outside of daily routine

TESTIMONIAL

"The group was lovely, the beauty workshop was great, and as ever I was made to feel so welcome and supported by everyone- it really does make so much difference to how I feel and means so much to me. I came away feeling brighter than I have done for a while. At the end of the day, we get the medicine, therapies and treatment for cancer from doctors, but the love and support you provide really does give a boost that helps so much throughout the onslaught of everything else. I'm so grateful for all you do for me and others that I meet that become true friends, thank you so much Teens Unite from the bottom of my heart."

Rachel