



INTERNET ARTICLE

DWS women on cloud nine after pampering during Women's Month Celebration

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A good dollop of tender loving pampering is good for anyone now and then. This is exactly what the women in the Department of Water and Sanitation (DWS) GP were in for when they were recently treated to neck and hand massages.

The massage session was done in support of Women's Month and wellness in the Gauteng Region.

The event was all about matters of the heart, for which the fairer sex notoriously has an incurable penchant. They are given to saying the following when they have been enchanted: "you have your heart in the right place" or when complementing someone "you have a heart of gold." In this instance DWS won their hearts for possessing these two sort-after virtues at the same time.

DWS Internal Transformation/Gender Focal Person, Louise Botha, said employees attended the event in abundance and waited for their turn to be pampered.

"The consultants treated each employee to a neck massage and commented on how many of us actually are stressed. This is hugely due to working on computers the whole day and not sitting properly when doing so. The hand massages also indicated stress," said Botha.

She said ladies and some men, enjoyed the session and wanted this to happen every day.

Some did not even know they had muscle spasms until the treatment started and the "knots" in the muscles were touched and ironed out by the expert hands of the consultants.

The hands that did the magic were from Lu'Mar, which also showcased the products they used during the session and officials bought them to continue the massages at home or in the offices whenever they felt the need.

Oozing zest for life after the massage, Winnie Malatji said the massage was worth it because it helped with working and acting on the body with pressure.



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It also improves muscle tone and balance, reducing the physical stress placed on the bones and joints.

Said Malatji: “The products that they use and the bath salts help with the tiredness of the body. They make you feel relaxed at all the times after a hectic day. The facial mask helps to open the pores and soften the skin into a baby-like soft face.”

Malatji’s sentiments were echoed by Mihloti Chauke when she said the session was interesting and worked wonders, such that many of them bought the products so as to use them at home.

Chauke said the session worked wonders on her body and that the thirty minutes each one of them was given was not enough. She said sessions like this were important in the working environment as they brought relief. She said she would not think twice about recommending the session to other women in the workplace.

“After the session I felt so relieved,” she said with a sparkle in her eyes.

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