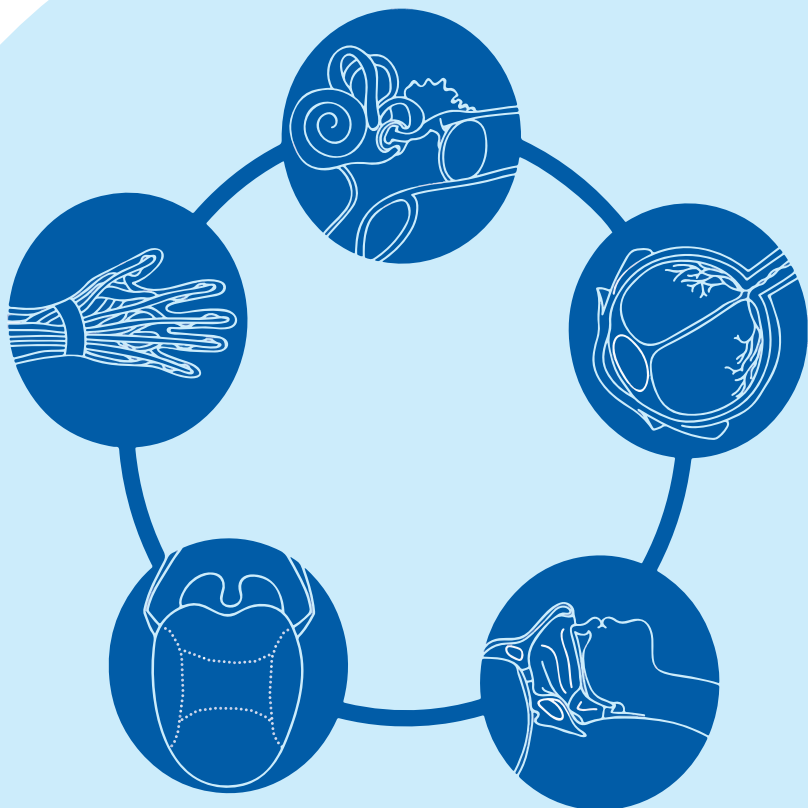


THE FIVE SENSES

NHS

Are you getting the most out of yours?



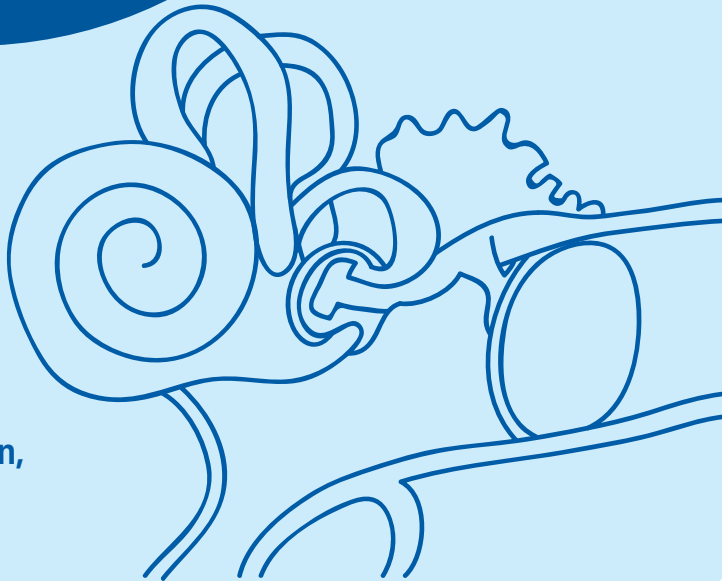
FOR MORE INFORMATION, SIMPLY TURN OVER

HOW IS YOUR HEARING?

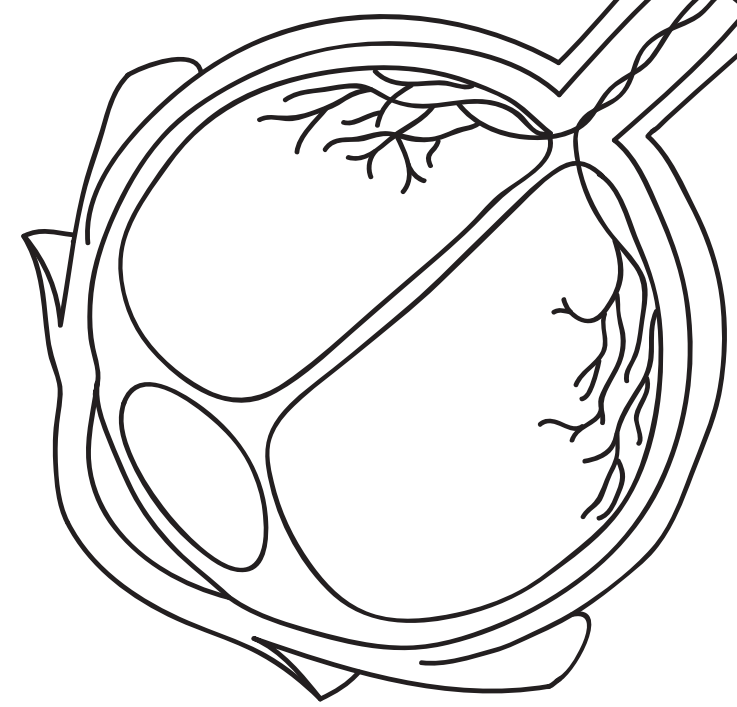
NHS

Imagine yourself lying comfortably outside, with no noisy distractions and the warmth of the sun beaming down on your skin. You lie there and notice all of the natural sounds delicately filling your ears. You feel warm and relaxed from the sound of chirping birds and rushing water. You begin to hear soft whispers in your ears, creating a tingling down your neck and around your head. The whispers fill your ears more deeply, intensifying the pleasurable tingling. You lie there completely submerged in the satisfaction of sound.

For more information,
simply turn over



NHS



IS YOUR SIGHT DETERIORATING?

You watch as the water drips down their glass and over their fingers. You see the ice slowly melting in their drink as the warmth of the sun beams down on them. You watch as they move their drink up to their mouth to drink from it, wrapping their lips around the straw to take three big sips. They then dip their fingers into their drink to pull out a bright slice of fresh orange. They now wrap their lips around the orange slice and bite into it, wiping away the delicious juice that runs down their lips leaving a stickiness.

FOR MORE INFORMATION, SIMPLY TURN OVER

ARE YOU LOSING SENSATION IN YOUR HANDS & FEET?



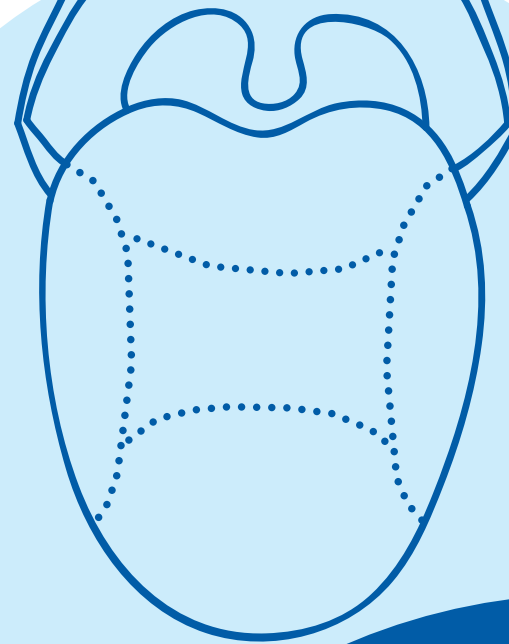
Imagine yourself lying comfortably on a beach. The warmth from the sun and the soft sand beneath you feels very comforting. You pick up some sand, which slides quickly through your fingers. You suddenly feel cool water drip onto your back from above, completely refreshing. A pair of cool hands touch your back, making your hairs stand on end. They begin to massage you, deeper and deeper. You notice a cool summery breeze pass over your warm skin which makes you shiver momentarily but the soft hands continue to squeeze your muscles into relaxation as you drift off in the warm sunshine.



FOR MORE INFORMATION, SIMPLY TURN OVER



For more information,
simply turn over

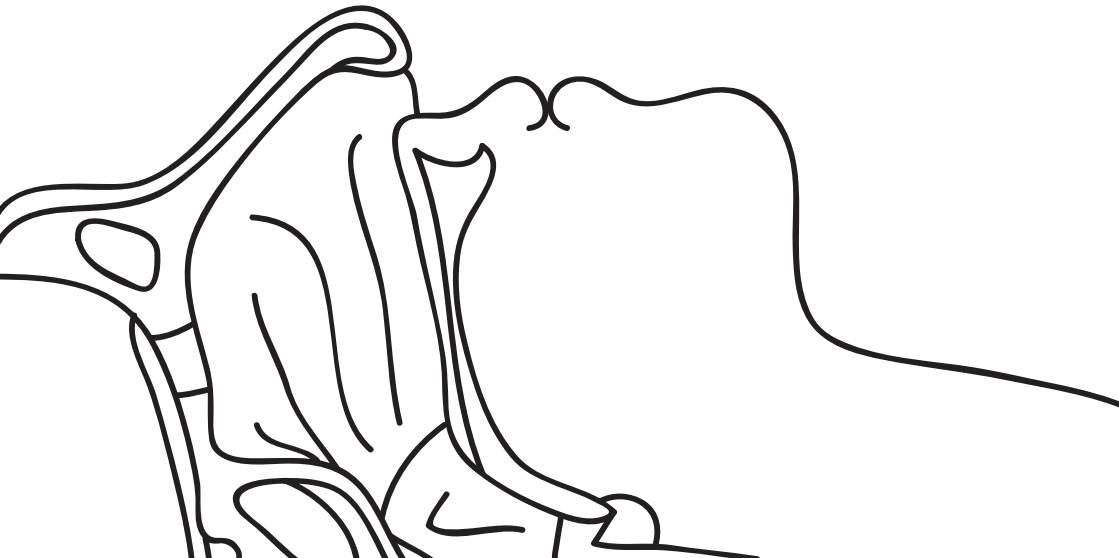


ARE YOU LOSING YOUR TASTE?

You pick up the bowl of ice cream in front of you, unknowing of the flavour of it. You put a spoonful of it in your mouth, the initial cold gives you slight brain freeze but then the flavours begin to reveal themselves. At first, is a crackling explosion in your mouth, that will be the popping candy topping, firing in every direction. Then you taste the sweetness of the creamy vanilla flavour which circulates your mouth. Next you notice the stickiness of the caramel, even sweeter than the vanilla. You take another mouthful, this time with an added flavour. The juice of freshly chopped strawberries fills your mouth with a new freshness. A flavour to compliment the rest.

HOW IS YOUR SENSE OF SMELL?

All of a sudden you catch a scent of something deliciously sweet. You get up and begin to follow the desirable aroma. You step into the kitchen only to be hit by a combination of fragrances. First you pick out the deliciously sweet smell of vanilla, swirling through the air. Followed by a strong cinnamon aroma and a hint of strawberry. The sudden rush of sweetness makes your mouth water and you're desperate to taste. You also begin to smell a refreshing citrusy scent. The smell of freshly squeeze oranges and mint are also now noticeable, waiting to quench your thirst.



FOR MORE INFORMATION, SIMPLY TURN OVER