



look good feel better
FACING CANCER WITH CONFIDENCE



Book a
workshop

We help with the physical effects of cancer treatment.

We can support anyone with:



Make-up techniques



Skincare and nailcare



Haircare, wigs and headwear



Eyebrows and eyelashes



Shaving and grooming



Mindfulness and exercise

Look Good Feel Better run free workshops in the UK, led by expert volunteers from the beauty and wellbeing industry, which give practical advice and support to people living with cancer.

Every workshop offers an invaluable opportunity to talk to others in a similar situation, whilst helping support people with their changing appearance.

People leave our workshops feeling empowered, motivated and less isolated – allowing them to look good, but feel even better.



“Doing the workshop changed everything. It gave me confidence to be me again.”

LEANNE, 29



Find out more lgfb.co.uk



Call us on 01372 747 500