



Complementary Therapies

The service consists of five highly trained complementary therapists. The team provide treatments in various settings including outpatient appointments in bespoke therapy rooms in the Hospice, on the Inpatient Unit, in people's own homes and as part of the Living Well programme. Therapies on offer include clinical aromatherapy, reflexology, holistic massage, Indian head massage, reiki, zero balancing and the 'M' technique. Treatments are tailored to each person and may involve a single therapy or a combination of techniques, depending on an individual's needs.

We provide a safe space where patients and their carers can relax and take a little time out from their challenges. We may be able to help alleviate many common physical and psychological symptoms such as pain, nausea, insomnia, fatigue, muscular aches and joint stiffness, low mood, anxiety and stress and tension. In addition, complementary therapies may help to create a feeling of inner peace, deepen breathing, reduce fear, increase a feeling of being safe and increase a sense of being a whole person.

We aim to offer the maximum benefit whilst disturbing the client as little as possible; comfort is everything. We can do treatments where you

are most comfortable, be it a bed, chair or sofa. There is no set duration for a treatment, although they rarely last longer than an hour; this is your time.

Aromatherapy

Aromatherapy is the use of essential oils extracted from plant material for therapeutic purposes. 'It is a holistic therapy that takes into account the person's whole being (mind, body and spirit)'. An aromatherapist uses essential oils to create an individual blend to aid a feeling of wellbeing or ease specific symptoms such as sleeplessness, pain, nausea or fatigue. The essential oil blend is often used as part of a massage treatment. However, aromatherapy can offer so much more, and we may suggest an aroma stick or patch or mouthwash instead. We may also offer one of these treatments to be used at home as well.

Reflexology

Reflexology involves gentle contact with the feet or hands. The therapy is based on the belief that different areas on the feet and hands are related to parts of the body. The therapist will apply light pressure to these areas with the thumb and

fingers to restore a state of balance and relaxation. The touch used is firm but light and should not be ticklish or painful. People often report a sense of wellbeing following a treatment.

Holistic Massage

Holistic massage entails the skilful use of touch to soothe away aches and pains, to relieve tension in the body and to promote a sense of wellbeing. The therapist may work through towels, or by applying oil or cream to the skin. They will then use different strokes and gentle pressure to promote relaxation for body and mind.

Indian Head Massage

The aim is to aid the release of stress and tensions accumulated in the tissues, muscles and joints of the head, face, neck and shoulders. This massage not only gives relief to physical tensions, but also allows mental and emotional tensions to be released.

Reiki

Reiki is a Japanese technique “rei” meaning universal and “Ki” life force. With the use of light and gentle touch, Reiki can promote relaxation, reduce stress and anxiety, and improve the flow and balance of your energy to support healing.

Zero Balancing

Zero Balancing is gentle but powerful hands-on bodywork. The patient remains fully clothed and light finger pressure and held stretches are used. The therapist helps release accumulated tensions within deep parts of the body. The treatment provides a stillness around which the body can relax, giving an opportunity to let go of unease.

The ‘M’ Technique

This therapy follows a structured and rhythmic pattern of touch. Each movement is done a set number of times, in a set pattern, at a set pressure and set speed. It works on skin receptors and has been described as a ‘physical hypnotherapy’. It is suitable for everyone, including the very fragile, critically ill or a patient in the last stages of life. It is deeply relaxing for the body and mind.

If you are currently using an Arthur Rank Hospice service, you or your loved ones are welcome to enquire about treatments from our Complementary Therapy team. Once a referral has been made, the team will be in touch within a week to allocate an appointment or to give an indication of when you are likely to be seen. This service is free of charge, but if you would like to make a donation towards your treatment, please let your Complementary Therapist know.

Contact us

To contact the **Complementary Therapy Team** telephone **01223 675824** or **livingwell.service@arhc.org.uk**

All information is correct at time of print and may be subject to change. Please visit our website for the most up-to-date information. If you have any feedback or would like this information in a different format or language, please contact us.