



Complementary Therapies

The Arthur Rank Complementary Therapy Team provide sessions to patients and their families in various settings including outpatient appointments in bespoke therapy rooms, on the Inpatient Unit, in people's own homes or as part of the Living Well programme. They are tailored to each person and may involve a single therapy or a combination of techniques, depending on an individual's need.

Complementary Therapy approaches are holistic, supporting the mind, spirit and body, depending on what the person needs at the time. We can work through clothing, covers or skin to skin. With or without oil and, where you are most comfortable, be it a bed, chair or sofa.

Who will provide my session?

All our complementary therapists are qualified and trained in supporting people with complex illness, palliative diagnoses and end of life care.

Quality of Life

We provide a space where patients and their carers can relax and take a little time out from life. Complementary therapies help to balance and restore.

Symptom Management

Alongside conventional medicine, complementary therapies may help alleviate many symptoms such as pain, nausea, insomnia, fatigue, muscular aches & joint stiffness, low mood, anxiety and stress & tension.

Aromatherapy

Aromatherapy is the use of essential oils extracted from plant material for therapeutic purposes. An aromatherapist uses essential oils to create an individual blend to aid a feeling of wellbeing or ease specific symptoms e.g. sleeplessness, pain, nausea or fatigue. The essential oil blend is often used as part of a massage treatment; however, aromasticks or aroma patches can also be helpful.

Bowen Therapy

Bowen Therapy is a gentle, hands-on technique that involves rolling movements over muscles, tendons and fascia to stimulate the body's natural response. It helps to calm the nervous system to help reset muscle tension, improve circulation, and promote deep relaxation.

The treatment is performed through light clothing and includes short pauses to allow the body to respond. Bowen is suitable for all ages and can help with a wide range of conditions including pain, tension and stress-related issues.

Gentle Release

Gentle Release is based on the principles of Traditional Chinese medicine. It uses extremely gentle hands-on holding techniques to support and release tension throughout the body.

HEARTS Process (Hands-on, Empathy, Aromas, Relaxation, Textures, Sound):

The HEARTS Process is a gentle, holistic approach designed to offer comfort through therapeutic touch and sensory engagement. Helping to soothe and support emotional and physical well-being. The focus is on being present, compassion, and human connection. Sessions are non-invasive, fully clothed, and tailored to the individual's needs and preferences. The HEARTS Process can help reduce anxiety, promote calm, and create a meaningful moment of care.

Indian Head Massage

Indian Head Massage focuses on the upper back, upper arms, neck, shoulders, head and face. Traditionally performed over clothing in a seated position, it can help to ease tension, particularly in the neck and shoulders.

Massage

The massage we offer is holistic, biodynamic and fascia informed; these approaches work with the body and mind. Each session is unique, and a variety of touch is used, adapted to the individual. The therapist may work through towels, by applying oil or cream to the skin, through clothing or off body. The use of touch supports the ease of tension in the body and to promote a sense of wellbeing by soothing the central nervous system and allowing the body to come back into a state of rest.

Reflexology

Reflexology is based on the belief that different areas on the feet and hands are related to different 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.

Reiki

Reiki is a gentle, non-invasive, hands-on or off energy technique. It seeks to promote physical harmony/ balance and have a positive effect on your emotional and spiritual equilibrium.

Fascial Unwinding

Working with the fascia supports the body through gentle holds into positions of ease, releasing tension and stiffness. It is often combined with massage and carried out through clothes and in any comfortable position.

Sharon Wheeler's ScarWork

ScarWork is an approach that assists with troublesome scars, where adhesion, fibrosis, pain, sensitivity and numbness become issues after surgery/injury. A range of hands-on techniques are used to increase functionality and ease in the area. No oil or cream is used.

How to refer

Complementary therapy is available to you or those important to you, if you are currently using an Arthur Rank Hospice service. Once a referral has been made, the team will be in touch, to give an indication of when you are likely to be seen. We are unable to guarantee that you will receive a specific approach, however please let us know your preference and we will try to facilitate this.

This service is free of charge, however If you would like to make a donation towards your session, please let your Complementary Therapist know.