

Key benefits of complementary therapies include:

- Deep relaxation
- Relief from stress related symptoms such as headaches and insomnia
- Easing muscular tension and other physical symptoms
- Balancing of energy flow, enabling mind, body and spirit to work in harmony
- Feeling more in control of the situation.

Here are just a few quotes from people who have received complementary therapies at the Hospice:

“Chemo makes me feel heavy and lethargic, but after reflexology I feel light and beautiful”

“Remembering your voice helped me through my scan”

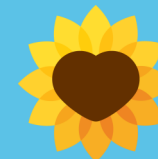
“I feel like a woman again”

“My headache has gone and I can sleep better”



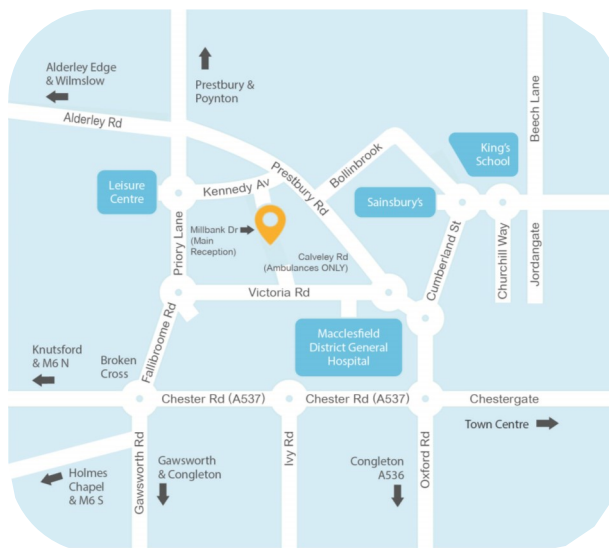
East Cheshire Hospice

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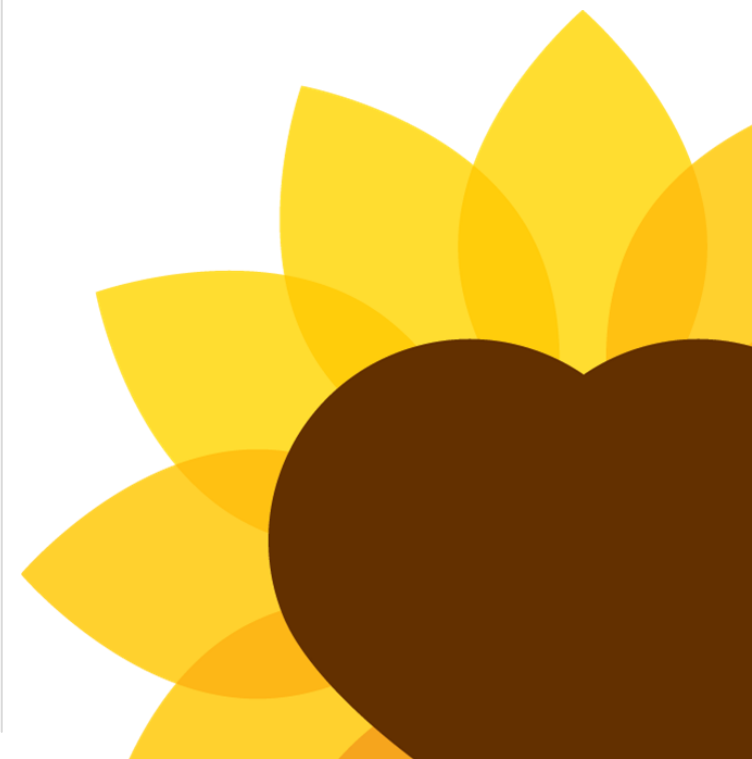
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Complementary Therapies

A Welcome Guide



We offer a range of complementary therapies to aid relaxation and reduce the symptoms of illness and effects of medical interventions. These include:

- Massage
- Indian head massage
- Aromatherapy
- Reflexology
- Reiki
- Relaxation techniques

All complementary therapists working at the Hospice are fully qualified practitioners who are registered and insured. They have developed their expertise and knowledge to enable them to adapt treatments to suit individual need.

Therapies are offered free of charge to patients and their carers and there is free parking onsite.

The sessions usually last between 20-30 minutes although occasionally the session may last longer. You may have a one off session or a series of four sessions, after which we will assess and review.

Our main aim is that you are comfortable and that you enjoy and benefit from the therapies on offer. If you are uncomfortable for any reason, a session can be stopped at any time.

Here is a brief description of the therapies on offer:

Massage is a form of structured touch, which can be used to relax and relieve muscular pain and tension.

Aromatherapy uses essential oils derived from different plants. Each oil has its own therapeutic properties and may be inhaled, used in creams or diluted in oil to be absorbed through the skin. The treatments combine a wonderfully relaxing and gentle massage with the absorption of these pure fragrant oils.

Indian Head Massage has been practised for thousands of years in India and has become increasingly popular in this country. It has been found to be extremely beneficial in combating the symptoms of stress and its related illnesses. The massage has been adapted to suit our western culture and includes massage of the upper back, shoulders, arms, neck, scalp and face. The areas are gentle, firmly and rhythmically massaged until the tension is released. The massage can be carried out over light clothing or directly onto the skin using rich, nourishing oils.

Relaxation techniques, such as simple breathing exercises, can be an effective way to reduce the effects of anxiety and muscular tension. Techniques such as progressive muscular relaxation and guided visualization can be used as a way of self-help in order to bring about a feeling of relaxation.

Reflexology is based on the belief that every part of the body is mirrored in the related part of the foot. The application of controlled pressure to specific reflex points on the foot using the thumb and fingers aims to promote relaxation, improve circulation and help the body to return to a state of balance.

Reiki means universal life force energy, which is thought to flow around and through all living things. This gentle therapy uses energy to bring about balance and harmony. During the Reiki treatment you remain fully clothed whilst the practitioner places their hands on or just above the body. Most people will experience a feeling of warmth, deep relaxation and peace during and after the treatment. Reiki works at all levels; the benefits may be physical, emotional or spiritual in nature, and will always be unique and appropriate to you at the time of your treatment.