

# COMPLEMENTARY THERAPIES

## WHAT ARE COMPLEMENTARY THERAPIES?

Complementary therapies are not an alternative to medical treatments, they work alongside them to promote feelings of relaxation and wellbeing and help with emotional and physical symptoms. At **ellenor**, the therapies we offer are Massage, Aromatherapy, Reflexology and Reiki.

## HOW DO THEY WORK?

They work by helping to restore balance both physically and emotionally and helping you to relax. Creating a feeling of wellbeing which can help to reduce stress and tension, ease aches and pains, help improve sleeping patterns; help lift mood and reduce anxiety.

## WHAT CAN I EXPECT?

The service is free to **ellenor** patients, carers and bereaved. We offer up to 6 sessions, usually at weekly intervals or according to your needs and availability of complementary therapists. At the first appointment, we will explain the treatment and adapt each treatment to your needs. Treatment sessions are up to an hour long depending on your requirements. Treatment can be stopped at any time.

## WHAT IS MASSAGE?

In massage therapy, the intention is to relax the soft tissues, increase delivery of blood and oxygen to the massaged areas, warm them, and help the body to relax. Massage oil may be used to help reduce friction on the skin or the massage can be carried out through the

clothes. We will discuss with you what area of your body may benefit most from this treatment. Massage may be found to bring relief from everyday aches, reduce stress, increase relaxation, address feelings of anxiety and tension, and aid general wellness.

## WHAT IS AROMATHERAPY?

Aromatherapy is the therapeutic use of essential oils to help deal with everyday stresses and emotional wellbeing. Essential oils, extracted from plants, are thought to possess distinctive properties, which may be used to improve overall emotional, mental and physical health imbuing the user with a sense of relaxation and calmness. The essential oils are individually blended and most often combined with massage or through inhalation using aromasticks.

**AROMASTICKS** are small personal inhalers filled with 100% pure essential oils and wafted under your nose to help ease emotional and physical symptoms easing tension and stress.

## WHAT IS REFLEXOLOGY?

Reflexology is a complementary therapy based on the belief that there are reflex areas in the feet and hands which are believed to correspond to all organs and parts of the body. Reflexology can be a wonderfully relaxing experience where you can take time out from everyday pressures. The therapist's expert touch will help you relax which can help improve mood, aid sleep and relieve tension. The result is an overall sense of wellbeing.

## WHAT IS REIKI?

Reiki (pronounced ray-key) means “universal life energy” in Japanese. The practitioner gently places their hands non-intrusively, on or near the body using their intuition and training as a guide. There is no massage or manipulation. Reiki can be used on the person as a whole, or on specific parts of the body. This helps to bring about a sense of calm, balance and wellbeing.

## WHERE WILL THE APPOINTMENT BE?

Most appointments are held within the hospice in our therapy room which overlooks our landscaped garden, allowing for complete relaxation. Sessions are also held in the inpatient Ward and during Living Well Sessions.

## HOW TO BOOK?

Please contact our Wellbeing Team on **01474 320007** or speak to a member of staff.

Part of providing the best care and support for families, means being there for as long as a family needs us.

You can help us to be there, when we're needed.

Please speak to a member of staff or visit our website for ways you can help.

*Thank you*



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[www.ellenor.org](http://www.ellenor.org)