

# Complementary Therapy

at St Oswald's Hospice



We offer a Complementary Therapy service which is provided by qualified, fully insured professionals. All our therapists have professional membership.

Before any therapy takes place, the patient or carer will be assessed to ensure that all treatments are safe and of maximum benefit to the individual.

## Massage

Massage therapy helps us to relax and can ease aches and pains. It helps trigger the release of the body's natural endorphins and gives a sense of general wellbeing.

Massage uses gentle rhythmic touch to soothe the body and movements are adapted to suit individual needs.

## Aromatherapy

Aromatherapy aims to treat the whole person by helping to restore the harmony of mind, body and spirit. It works with the pure properties of plants, using their essential oils in a natural, complementary way which can help improve both physical and emotional wellbeing.



Essential oils can be used in several ways including baths, diffusers and lotions, which can all help to alleviate a variety of symptoms, including insomnia, depression, grief, stress, muscle tension and anxiety.

*"The complementary therapy I receive is out of this world. I often receive aromatherapy massages or Reiki. I'm able to relax, drift away and enjoy some quality 'me' time."*

## Indian Head Massage

Indian Head Massage is a treatment based on old Ayurvedic (meaning “science of life”) techniques involving work on the upper back, shoulders, neck, scalp and face. A variety of massage movements are used to relieve accumulated tension, stimulate circulation and restore joint movement.

Indian Head Massage helps reduce stress and fatigue, increase mental clarity, relax and rejuvenate the receiver and improve the condition of the hair.

## Hot Stone Therapy

Hot Stone Therapy goes beyond the physical experience of typical massage and enters deeper dimensions of relaxation, health and wellbeing. The therapy combines traditional massage with the use of smooth, heated basalt stones, which are applied to the body as an extension of the therapist’s hands. Cold stones can also be used and this therapy is clinically known as ‘Geothermotherapy’. Basalt stones are heated and applied to the body in totally unique relaxing ways, harmonising, restoring and rejuvenating the body at its deepest level.

Use of hot stones can alleviate the discomfort of tired and aching muscles. Other benefits of hot stone massage includes deep relaxation, stress relief, improved blood and lymph circulation, toxin removal, detoxification and an overall sense of wellbeing.

**Please note that due to therapist availability there may be a waiting list for this therapy.**

*“My treatment for cancer had left me feeling tense and with a frozen shoulder. The [complementary] therapist recommended that I try hot stone therapy and the results have been wonderful. It gave me a much deeper massage and was excellent at relaxing my muscles - with long lasting effect too. I’m really pleased I tried it.”*

## Reflexology

Reflexology is a popular and relaxing holistic treatment based on the principle that reflex points on the soles, tops and sides of the feet are connected to corresponding areas throughout the body. In this way, the feet can be seen as a 'map' of the body.



Reflexologists work on the reflexes with their thumbs and fingers using specialist massage techniques. This is said to help correct imbalances throughout the body, and help release blocked energy. Reflexology may help to alleviate anxiety, stress, grief, headaches/migraine, IBS, pain, constipation and nausea.

## Reiki

The word Reiki is made of two Japanese words - Rei which means 'the Higher Power' and Ki which means 'life force energy'.

This therapy is a Japanese technique for stress reduction and relaxation that also promotes healing. It is based on the idea that an unseen 'life force energy' flows through us and is what causes us to be alive. If our 'life force energy' is low, then we are more likely to get sick or feel stressed, and if it is high, we are more capable of being happy and healthy.

Reiki is a holistic therapy, treating the whole person - body, mind and spirit - and benefits include relaxation and improved wellbeing.

The recipient may sit or lie, and remain fully clothed, whilst the practitioner places their hands on or above certain parts of the body. There is no pressure on the body, making it ideal for treating all ages and conditions.

## The 'M' Technique

The 'M' Technique is a method of gentle touch suitable for the very fragile or when massage is inappropriate. It is a series of stroking movements performed in a set sequence at set pressure.

The 'M' Technique works on skin receptors which send signals to the brain to aid deep relaxation. It has been described as a 'physical hypnotherapy' and is profoundly relaxing for both giver and receiver.

The 'M' Technique has many therapeutic effects which may help to alleviate symptoms such as chronic pain, anxiety, depression, tension and chronic fatigue.



## Training for carers

With tuition from one of our therapists, a carer can learn how to carry out simple hand or foot massage on their loved one - using touch as an effective, non-verbal form of communication.

Please speak to a member of the Complementary Therapy Team for more details.

## Further information

For further information about our complementary therapies please contact the Complementary Therapy Team on 0191 285 0063.

Therapies are available free of charge to patients and their main carer.

The therapies on offer are not an alternative method of tumour reduction to the conventional therapies (surgery, radiotherapy, chemotherapy, endocrine or biological therapy) and are in no way offered as a cure.

To make an appointment please see a member of staff.



Notes



## Find us on:



We are a registered charity and rely on voluntary donations and legacies to enable us to care for patients and families.

**This leaflet is available in a range of formats. Please ask a member of our team if you require a different format. Thank you.**

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