

## Complementary Therapy

We offer the below therapies for our patients and carers:

### Massage

Massage is a therapy which requires the proficient use of touch to deliver relaxing strokes that will ease and relieve aches, pains and tensions in the body. Our many treatments all help to encourage and develop your sense of well-being and a feeling of being grounded. Different techniques and types of massages are available and after a detailed consultation, your therapist will create a personal tailor-made massage treatment. The range of massages include: Therapeutic, Hot Stone, Swedish and Oncology.

### Aromatherapy

Aromatherapy can easily be described as, *treatment with scents*. By selecting essential oil/s, from various aromatic plants and blending with a base oil such as sunflower or coconut etc., a therapy is offered. Whether it be just a massage or oils in a diffuser during a Reiki session, you can choose to combine aromatherapy with any of your treatments. You and your therapist will select the oils that you prefer.

### Reflexology

Reflexology is the study of Reflexes that are based in the feet, hands and face. The science behind it teaches that every part of the body's limbs, organs and systems are connected by energy pathways, which end in specific and related reflex areas on the feet, hands, ears and face. Facial and Foot reflexology is practised at Thames Hospice and is one of our popular therapies. It helps to induce relaxation and balance throughout the body by touching specific points on the feet. Reflexologists carry out this treatment using oils or creams or aromatherapy blends and applying a light pressure massage with the thumb and fingers to various reflex points.

### Facials

Facial massage is only part of a facial treatment in which pressure points on the face and neck are stimulated in order to release blockages and increasing lymphatic flow. Treatments include hands and various tools such as a Jade Roller. All intended to increase circulation, decrease puffiness, a more lifted visage and the melting away of any tension in your face.

### Reiki

Reiki is a Japanese energy-based therapy. Among the reasons it is used is the possible reduction of certain symptoms related to cancer and its treatment, including fatigue, pain, and sleep issues. It is a non-contact therapy working by tapping into energy fields that surround us all. For some patients this is a powerful relaxing therapy.

### Pedicures / Manicures

A pedicure is a cosmetic treatment of the feet and toenails, analogous to a manicure. Pedicures are done for cosmetic, therapeutic purposes. Pedicures include care not only for the toenails; dead skin cells are rubbed off the bottom of the feet using a rough stone (often a pumice stone). We provide oil wraps for dry skin treatments and take care of your hands, feet and nails with adapted treatments and care.

## **Meditation/Relaxation**

Gentle designed to help relax the body and mind, calming the nervous system and slowing down busy minds. Calming breathing techniques will help lower your blood pressure, still the busy minds and leave you mentally calm, grounded and relaxed. Sessions are free and available as drop-ins for patients and carers.

## **Acupuncture**

Acupuncture is an age-old healing practice of traditional Chinese medicine in which thin needles are placed at specific points in the body. It is primarily used to relieve pain and chosen by many patients who have found it be very effective.

## **What happens on a first visit?**

Your first session will include a full consultation to help your therapist create a tailor-made package of care for you. This will include questions about your health and how you are feeling at the moment, what you would like to get out of the treatments and any areas of concern you need support with. Together you will plan a course of treatments that you feel will be both beneficial and suitable for you. You will receive up to six treatments of between 30 and 60 minutes but this will be assessed according to need and may be extended.

## **How do I access Complementary Therapy?**

If you are a patient or carer using our services, then please ask a nurse or doctor to arrange for you to access our Complementary therapies.

If you are a healthcare professional, you can refer a patient for Complementary therapy on our website at [www.thameshospice.org.uk/makeareferral](http://www.thameshospice.org.uk/makeareferral) or call **01753 848925**.