



Making Every Day Count

Complementary Therapies



What is Complementary Therapy?

Complementary therapies are derived from therapies used by the **Ancient Egyptians, North American Indians and Chinese**. Complementary therapies can be used **alongside** conventional medicine. Complementary therapists adopt a **holistic approach** by looking at the whole person in order to promote physical and psychological health.

Who is Complementary Therapy for?

Complementary therapies are usually offered in 4-week sessions and are available to both **patients and loved ones**.

Our trained therapists provide treatment to suit the needs of the patients and treatments are provided by both staff and volunteer therapists.

Therapies can help to:

- **Ease the side effects of medical treatments**
- **Boost the Immune System**
- **Ease stress**
- **Calm the nerves**

Patients and Carers benefit from being given being given time to **rest and relax** the mind and body. This in turn leads to an increased sense of **wellbeing**.



What is available?

There are a range of treatments available. We will discuss **your needs** with you to decide what therapy would be most beneficial to you.

Aromatherapy

This treatment uses **essential oils** from therapeutic properties and are usually applied through **massage**.

Each oil has to ease particular symptoms, whether these be physical or psychological. Most **calming, comforting and relaxing**.

Reflexology

This is a treatment applied to the **nerve endings** in the feet.

The feet can be thought of as mirroring the whole body; for stress, anxiety and muscle tension. For example, the big toe represents the head and the ball of the foot the lung and chest area.

Through **massage and pressure point stimulation** of the feet using oil or cream relaxation of the whole body can be induced and symptoms eased.

Reiki



This is a Japanese word meaning 'Universal Life Energy'. It is the energy that is all around us.

During a treatment the therapist **places their hands** lightly on the body from head to toes.

Reiki helps to restore balance and energy within an individual. It treats the whole person, the **body, emotions mind and spirit**. It induces peace, serenity and wellbeing.

Indian Head Massage

This is a wonderfully **relaxing treatment** and includes a shoulder, neck and facial massage.

The treatment **soothes and calms the mind**, eases headaches and reduces tension in the shoulders. It can be applied with or without oil.

Relaxation

Relaxation is offered in Group Sessions which last about an hour and we offer both patient only or patient and carer sessions. can be to help manage pain, **reduce symptoms** such as breathlessness. It can also help to promote sleep.

As part of the session patients/carers can choose from **foot, hand or facial massage**. It includes a guided meditation/relaxation CD which allows patients and carers to practice the relaxation techniques at home.

Yoga



Gentle **chair based yoga** classes for patients take place in the Vitality Centre.

Patients are assessed and taught postures that are adapted and suitable for those with life-limiting illnesses.

The yoga sessions include meditation to **calm and soothe the mind**, and relaxation to allow the body to rest.

How do I get referred?

You can be referred **by any** of the Healthcare Professionals already working with you such as GPs, Clinical Nurse Specialists, District Nurses.

Alternatively, if you have a diagnosis of a life limiting illness and are in the Warrington area you can contact our **Warrington Palliative Care Hub** on 03333 661066.

During a referral we will discuss the most appropriate therapy(s) to support your individual care needs.



Our Vitality Centre

Our Vitality Centre' and the text to. 'Our Vitality Centre plays a vital role in supporting emotional and psychological well being.

To support holistic care, we have a Relaxation Room which provides a warm, tranquil and private space that offers emotional comfort and a connection with nature.

Patients and loved ones can benefit from natural elements, an adjustable lighting feature wall to engage their senses, salt lamps to help reduce stress, comforting recliner chairs and black out blinds that provide a therapeutic and relaxing environment.

