

## Complementary Therapies

### Complementary Therapies

At St Wilfrid's Hospice we use several complementary therapies to help symptom control, relieve stress and tension, to aid relaxation and promote a sense of well being. The therapies are used alongside medical treatment for patients, or to support relatives or carers. All treatments are gentle and tailored to individual needs and stages of illness.



#### Massage

Is a gentle and soothing 'hands on' therapy, using a variety of strokes with an unscented oil or lotion to bring about physical and emotional ease. You can discuss with the therapist which area of the body you would like the treatment to involve. Many people enjoy having their hands or feet massaged.

#### Indian Head Massage

Is a gentle massage of the head and shoulders. It can be beneficial for relieving stress and physical and emotional tension. The treatment can be given fully clothed or using skin contact.

#### Aromatherapy

Uses natural plant essential oils combined with relaxing body massage, using the senses of smell and touch. With the therapist you can decide on a choice of essential oils and the type of massage you would like.

#### Reflexology

Involves using specific pressure work and massage on the hands or feet. Cream or a talc free powder are used. Foot coverings only need to be removed for this treatment.

#### Reiki

Is a therapy which aims to bring about relaxation and to improve your overall feeling of wellbeing. You remain fully clothed for the treatment.

#### Group Relaxation Sessions

- Relax Yourself is led by a hospice professional, with the aim of improving your awareness of the benefits of Relaxation and to introduce some basic ideas and techniques that can be used in your daily life. It is held in the Day Hospice and can be accessed by patients, their carers and family members.
- Mindfulness group sessions are small and informal and led by a hospice professional. The aim is to improve your awareness of your body, your thoughts, your breath and your reaction to life's situations. The sessions are held in the Day Hospice and are available for patients, carers and family members.

#### Hypnotherapy

Hypnotherapy is a natural state of relaxed awareness, where you will be able to open your mind to beneficial suggestions and use your imagination to help make positive changes. The sessions are led by a hospice professional and are available to all those receiving care from St. Wilfrids.

#### Ear Candling

(Available to Patients only)

Ear candles are hollow tubes made of flax linen and impregnated with beeswax, honey and herbs. They have a long history of use for aiding the gentle removal of earwax. You will need to be able to lie on your side on a couch or bed to have the treatment for about half an hour, so that both ears can be treated.

#### Acupuncture

(Available to Patients only)

If you would like to discuss the possibility of treatment with acupuncture, please speak with one of the nurses or doctors at the hospice. Check out our [Acupuncture page for more information](#).

#### Bach Flower Remedy Consultations

Are held in the Day Hospice by an experienced practitioner. Flower remedies can be helpful on an emotional level for coping with stress. Check out our [Bach Flower Remedies page for more information](#). Treatments are automatically offered to those attending the Day Hospice and those on the In Patient Unit. With the exception of those on the In Patient Unit, all treatments take place within the Day Hospice. This is at the rear of the Main Hospice where there is limited parking available. We do have limited resources to provide some treatments within the home.

#### Contact details:

If you would like further information on the Therapies and how they might benefit you, please contact:

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