



St Margaret's
Hospice Care

Complementary Therapies

Information for patients and carers



Introduction

Our aim is to provide information and treatment in a relaxed environment where you feel supported and cared for.

Complementary therapies are holistic treatments, taking into account your physical, emotional, psychological and spiritual well-being.

Our role is to provide you with an appropriate choice of complementary therapy in order to support your wellbeing, assist with symptom control and aid relaxation. Your treatment will sit alongside other services provided at St Margaret's and is completely free of charge. Our fully qualified practitioners carry out all the therapies we offer, and are happy to discuss the details of any treatment beforehand. If you would like to be accompanied during your appointment, please advise your therapist.

Therapies we offer:

Reflexology

Reflexology is based on the theory that different parts of your feet, face or hands are connected to different areas of your body. By applying gentle pressure and massaging movements to these parts of the feet, face or hands, your therapist hopes to have a positive effect on the areas of the body they correspond to.

This treatment aims to re-balance the whole body, mind and spirit, bringing a feeling of relaxation and wellbeing.

Massage

Massage involves working on the soft tissue of your body for therapeutic purposes. Our therapists use techniques drawn from a number of different massage modalities to provide a unique, tailored treatment to suit you.

During your massage, our therapists will apply pressure and massage techniques to various parts of your body; the pressure applied will vary depending on your preference and what is appropriate and safe for you at the time.

Massage can be relaxing and calming or stimulating and energising. It can be particularly beneficial if you have tension or tight, knotted muscles.

Aromatherapy

Aromatherapy involves using essential oils to enhance physical and emotional wellbeing. These essential oils are derived from plants and each oil has its own properties that are believed to have health benefits. Our therapists can use these oils in different ways. They can be mixed with a plain, unscented massage oil and massaged into areas of your body. They can also be used in creams, lotions, baths, aromasticks and diffusers in small and dilute quantities.

The effect of these essential oils depends on the blend of oils used in the treatment, but this versatile treatment can help to reduce stress and help you to relax.

Relaxation

Relaxation is an important way for us to maintain a feeling of wellbeing, as well as to relax and calm both the body and mind. Our therapists use Progressive Muscle Relaxation techniques and/or Guided Imagery to bring about a sense of deep relaxation and wellbeing. This treatment can be provided as a one-to-one therapy either in person or online, or as part of a small group.

You can find out more about how we support patients through Guided Meditation on our website.

Reiki

Reiki is an energy-based therapy which can be provided by using hands-on or hands-off techniques. It aims to calm and balance your mind, body and spirit to restore wellbeing. Our therapists will either place their hands gently on you or hover them above your body throughout your treatment. Many patients report a feeling of deep relaxation during and following the treatment.

The 'M' Technique

The 'M' technique[®] is a simple method of structured touch. Each movement and sequence is done in a set pattern at a set pressure and set speed, which never change. It works on skin receptors which send signals to your brain and has been described as 'physical hypnotherapy' and a 'spiritual dance'.

Many patients have described feeling deeply relaxed both during and after this treatment.

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St Margaret's Hospice Care is committed to taking your privacy seriously and protecting your personal information. If you want to know more about how we use your data go on the 'privacy statement' on our website or ask for a copy of this information via info@st-margarets-hospice.org.uk

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