

## Complementary therapies

We aim to provide a range of complementary therapies that takes into account each person's physical, emotional and spiritual wellbeing.

We aim to provide a range of treatments that are selected to meet the individual needs of patients, assisting in symptom control and aiding relaxation. We also provide information about treatment choices. Our care is provided in a relaxed and unhurried environment where patients can feel supported and cared for. Any complementary treatment that we provide is co-ordinated alongside any of our other services. This is completely free of charge, as with all our services.

Complementary therapies are also available for carers.

Fully qualified practitioners carry out all therapies and are happy to discuss the details of treatment before hand.

### TREATMENTS AVAILABLE

We offer a range of treatments, which include:

#### Reflexology

Reflexology has a long history of use. It is a very gentle form of massage, using specific pressure techniques to specific reflex points on the feet and/or hands. Reflexology supports the whole person and brings a feeling of relaxation and well-being to the body, mind and spirit.

#### Massage

Massage is an ancient art of receiving touch in a non-invasive manner. Massage at St Margaret's is very gentle, and the effects can be extremely relaxing with a calming influence on the body, mind, and spirit. We have found that the positive effects have been very much appreciated by our patients, especially at times of distress and uncertainty.

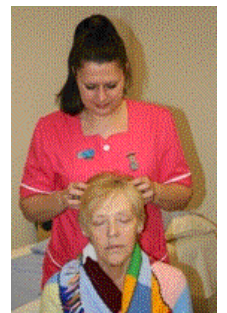


#### Acupuncture

This is the insertion of very fine needles at various precise points over the body. The points lie in meridians/channels on the skin surface, closely aligned to muscle insertion points. In the treatment of pain (especially muscular or bone pain) it is concerned with rebalancing energy or Qi. It is very good for the treatment of nausea and vomiting, it can help wounds to heal, and control symptoms of bladder irritability. It also helps relieve anxiety and breathlessness.

#### Indian Head Massage

A gentle massage which concentrates on the scalp, neck, shoulders and upper face. Can be carried out with or without oils. Beneficial for stress and tension.



#### Aromatherapy



Aromatherapy oils have been known for hundreds of years, and have been used for their beneficial properties since ancient times. Essential oils are very concentrated and, when used in aromatherapy, are diluted in carrier oil before being used for massage to different areas of the body e.g. hands, shoulders or the back.

Essential oils can also be used in creams, lotions, baths, room fresheners and inhalants. They are always used in small and dilute quantities.

#### Bowen Technique

A gentle holistic hands-on treatment. It consists of a sequence of very precise moves over muscles and soft tissue. It is gentle, subtle and relaxing. It promotes healing and can be used to provide pain relief.

#### Relaxation

Relaxation is an important way for us to maintain a feeling of well-being. It is a way to help the body and mind to become relaxed and calm. It can be done on a one-to-one basis or in a small group.

## Hypnotherapy

Hypnotherapy is a deeper form of relaxation, where the individual can learn to relax the body and mind. It can help with disturbed sleep patterns, anxiety, phobias, breathlessness and pain control. Visualisation and imagery can be combined with hypnotherapy to support body and mind well-being.

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