



Complementary Therapies

Information for patients and carers



0113 218 5500
www.st-gemma.co.uk

Welcome

Our complementary therapy service is here to support you. Complementary therapies are used to help ease physical symptoms, reduce emotional distress and create moments of peace and wellbeing.

At a time when comfort, dignity and quality of life are especially important, many people find that complementary therapies can offer gentle support alongside medical care. As part of the wider clinical team, we support you holistically.

Our aim is simple: to offer gentle treatments that help you feel more comfortable, calm and cared for. All our therapists work closely with our clinical teams to make sure any therapy you receive is safe and suited to you. Each treatment is carefully adapted to your comfort.

What is complementary therapy

Complementary therapies include a variety of approaches such as: acupuncture, aromatherapy, Indian head massage, reflexology, Reiki and relaxation techniques. Each treatment aims to help you feel more comfortable and cared for on every level: body, mind, and spirit.

Each person's needs are unique, and we'll help you choose the therapies that are right for you. Whether you're looking for relief from pain or anxiety, a way to relax, or simply a moment of comfort, we'll tailor your treatment to what matters most to you. Our aim is to provide a treatment that you enjoy and benefit from.

You don't need to know exactly what you want to try. We'll talk with you about the options available.



Who can receive complementary therapy?

The service is available to St Gemma's patients and their carers.

How do I access complementary therapy?

Complementary therapy is free for St Gemma's patients and their loved ones.

To access the service, please ask a member of your St Gemma's team to refer you.

Where treatments take place

Treatments may take place:

- » In our Out-Patients Department
- » On the In-Patient Unit
- » In your own home, or where you live

What to expect

We'll start with a friendly conversation, either in person or over the phone. While we have access to your medical information, we'll also ask about how you're feeling, any symptoms or concerns, and what matters most to you. This helps us recommend the therapies that best support you.

Treatments usually last between 10 and 30 minutes and are always adapted to your individual needs. Your comfort is always our priority. You may receive treatment sitting in a chair or lying down, with cushions or pillows to help you feel supported. Depending on the therapy, treatment can often be given over clothing if you prefer.

All treatments are quiet and restful - you may choose to chat, relax quietly or simply fall asleep.

Our therapies



Acupuncture and auricular (ear) acupuncture

Inserting very fine, sterile needles placed at specific points on the body. Most people describe the sensation as a mild ache or tingling. Treatments are gentle.



Aromatherapy and gentle massage

Aromatherapy combines gentle massage or therapeutic touch with carefully chosen essential oils. Treatments can also be adapted to your comfort.



Reflexology

Reflexology uses gentle pressure and massage on the feet or hands.



Reiki

A gentle therapy using light touch or hands held just above the body. Many people find it a peaceful, relaxing experience.

Everyone experiences complementary therapies differently, and your therapist will help you find what feels right for you.

Gentle products which may ease symptoms



Aromasticks

Small inhalation devices containing essential oils that can be inhaled to provide comfort and support relaxation.



Mouthwashes

Mild mouthwashes to help ease dryness and soreness and keep the mouth comfortable.



Balms

Soft, gentle ointments that can be applied to the skin to help soothe dry or sensitive areas.

All products are used carefully and only when suitable for you.



General advice

All treatments are adapted to suit you and your individual needs.

Your comfort is always our main focus.

- Wear loose, comfortable clothing
- Have a light meal or snack before treatment
- Drink plenty of water if medically OK to do so
- You may feel sleepy afterwards — rest if needed
- Occasionally symptoms may briefly worsen before improving





Confidentiality

Your privacy is very important to us.

All therapists follow St Gemma's confidentiality policies and professional codes of practice. Information may be shared within the Hospice team to support your care.

Supporting our care

Our service is made possible thanks to the generosity of our supporters. If you would like to support St Gemma's, please speak to a member of staff.

For more information or to contact us:
0113 218 5294

 www.st-gemma.co.uk

 0113 218 5500

 www.instagram.com/stgemmashospice

 www.facebook.com/st.g.hospice



Registered Charity No. 1015941

329 Harrogate Road,
Leeds, LS17 6QD

Updated August 2026