

Complementary Therapies



What is Complementary Therapy?

Complementary Therapy is a mainly hands on treatment aiming to help reduce tension, provide comfort and relief from symptoms such as pain, anxiety and breathlessness.

It can enhance well-being and quality of life and can be used alongside conventional treatments.

It works on a physical, psychological and emotional level.

What we offer

The therapies we offer at St Gemma's Hospice are;

Reflexology, Aromatherapy Massage, Indian Head Massage, Reiki, Clinical Hypnotherapy, Relaxation and Visualization as well as Clinical Aromatherapy such as chest balms, lotions, aroma sticks and mouth washes.

Symptoms we can help with

Insomnia, breathlessness, pain, itchy skin, panic attacks, nausea, anxiety, sore mouth, fatigue, emotional distress, relaxation and support for carer strain.

What to expect

Following the initial assessment and consultation the Complementary Therapist will talk through the various therapies available to meet your needs and goals. The Therapist will advise the number of sessions available for each individual.

The treatment will be given in one of our therapy rooms, or if you are a patient on the ward it will be in your room either on the bed or in the recliner chair. The treatment may be adapted to suit the individuals needs and conditions.

Most people find the experience deeply relaxing and calming and some people may find they fall asleep.

You may also be given some aromatherapy products to take home to use to help manage your symptoms in between treatments.



Who can access Complementary Therapy?

Complementary Therapies are available for patients known to St Gemma's Hospice and also available for their main carer.

Referral to the service can be made by any Health Care Professional within St Gemma's Hospice such as the Community Nurse Specialist, Day Services, St Gemma's Hospice Inpatient Unit and members of the Therapy Team.

Please contact the **Complementary Therapy Team** for further advice or information on Ext 2069.

St Gemma's Hospice
329 Harrogate Road,
Moortown, Leeds,
LS17 6QD