

Woodlands Hospice

Complementary Therapy

AROMATHERAPY



WHAT IS AROMATHERAPY?

- Aromatherapy is a holistic technique performed by a qualified practitioner which involves the use of essential oils to promote relaxation and relief of tension, often in the form of body massage. The treatment assists the body to achieve a sense of balance, thus helping to promote an improved sense of well-being.
- Aromatherapy can often be used in conjunction with your current medical treatment.
- Aromatherapy can be administered through the use of massage, with blended creams & lotions and/or inhalations, thus offering benefits in various situations.

WHO CAN BENEFIT FROM AROMATHERAPY?

- Aromatherapy may help people with a variety of conditions, including muscle tension, stress, anxiety, etc.
- Aromatherapy can also be used to help promote a healthy lifestyle, or for pleasure and relaxation purposes.

THE TREATMENT ITSELF:

- Takes approximately 30 – 40 minutes in duration, with a medical history being taken on your first visit.

- Is private and confidential, between you and your therapist.
- Your progress is recorded in your notes (which are kept confidential) in order to assess your progress.

WHAT TO EXPECT AFTER A TREATMENT

- Most people feel pleasantly relaxed and calm after their treatment, often feeling an increase in energy levels and a decrease in the levels of fatigue.
- Occasionally, some mild after effects may be experienced, which can include: - a mild headache, a runny nose, increased tiredness or extra trips to the toilet. This is a normal reaction and is due to your body re-balancing itself after the treatment.
- These usually disappear within one or two days, if experienced at all. If you feel generally unwell, please contact therapist or GP for advice.
- Additional water is advised during this period to assist the body to flush the system after the treatment.
- Always follow the aftercare advice from your therapist, some oils may need your assistance after use to experience their optimum benefits and avoid possible side effects.