



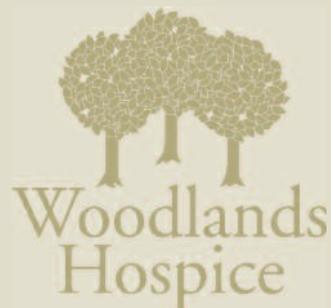
WOODLANDS HOSPICE

Complementary Therapies

Further information is available from the
Therapy Team at Woodlands Well-being
and Support Centre.

Telephone **0151 529 2299**

**At Woodlands Hospice
Well-being and Support Centre**



Woodlands Hospice Charitable Trust,
AUH Campus, Longmoor Lane, Liverpool L9 7LA
Tel: 0151 529 2299
www.woodlandshospice.org Charity No. 1048934



If you feel
complementary
therapy would
help you please
speak to your
Key Worker or
contact
Woodlands
Hospice
Well-being and
Support Centre on
0151 529 2299

Complementary Therapies



Woodlands Hospice offers complementary therapies to people who are living with cancer and other life-threatening illnesses as part of their well-being and support programme. We aim to support both the patients and the friend or family member most involved in their care.

Complementary therapies are termed complementary rather than alternative therapies because they complement or work in harmony with most conventional medical treatments.

Initial assessments will take place with patients to assess the appropriateness of the referral and to identify if there are any other needs.

Patients and their carers may be offered or may request complementary therapies for a variety of reasons:

- **To help manage anxiety and balance mood**
- **To give emotional support**
- **To aid in pain reduction**
- **To help reduce breathlessness**
- **To improve quality of sleep**
- **To reduce tension and muscular discomfort**

We offer therapies which are known to be safe and for which there is evidence of their helpful role in supporting people who are living with life-threatening illnesses. The Woodlands Therapy Team will adapt treatments to suit the individual needs of the patient or carer. We currently offer aromatherapy, massage, reflexology and reiki and these are briefly described here. Leaflets containing more detailed information are also available.

Aromatherapy is a holistic technique which involves the use of essential oils from various plants to promote relaxation and relief of tension.

Massage may be given as a means of administering the blend of essential oils but massage is also effective when a plain base product (oil, cream or lotion) is used. Massage can improve muscular tension, pain, stress and anxiety.

Reflexology is a therapeutic technique based on the study and working of the reflex points on the hands and feet that are believed to correspond to other areas of the body. This therapy is thought to promote balance within the body, thus helping to increase feelings of well-being.

Reiki does not involve massage and is a natural, non-invasive therapy that can help to relieve tension and anxiety by channelling universal, positive energy via the therapist to the recipient.