

Woodlands Hospice

Complementary Therapy

MASSAGE



WHAT IS MASSAGE?

- Massage is a therapeutic technique performed by a qualified practitioner which involves the massage of the soft body tissues e.g. muscles.
- Massage assists the body to achieve balance and relaxation, thus helping to promote a sense of well-being.
- There are numerous forms of body massage available, two of the more popular ones are Therapeutic Massage and Aromatherapy.
- Each uses various mediums for massage which can include talcum powder, massage creams, oils and essential oil blends.

WHAT ARE THE BENEFITS?

- Massage is thought to be of particular benefit in promoting the benefits of relaxation.
- Massage can often be used in conjunction with your current medical treatment or medication that you may be receiving (discussion with your doctor may be appropriate prior to treatment in some circumstances)

THE TREATMENT ITSELF

- Is approx. 15 - 40 minutes in duration, with a full medical history being taken on your first visit.

- Involves the body tissues being gently massaged using cream, oil or talcum powder
- Is private and confidential between you and your therapist.
- A client record sheet is kept in order to record your progress.

WHAT TO EXPECT AFTER THE TREATMENT

- Most people feel pleasantly relaxed and calm after their treatment, sometimes feeling an increase in energy levels and a decrease in the level of tension/fatigue.
- Occasionally you may experience mild after effects which can include: headache, tiredness, runny nose or extra trips to the toilet.
- This is due to your body releasing and clearing the system and the after effects usually disappear within 24 - 48 hours.
- Additional water is advised during this period to assist the body to flush the system through after your massage.
- Please follow any specific aftercare advice from your therapist.

HOW OFTEN DO I NEED TO ATTEND?

- Massage therapy is a natural, gradual process that gently works towards promoting balance, relaxation and a sense of well-being.
- The number of massage treatments offered will be discussed with you during your initial consultation.