

Complementary Therapies

These therapies can offer patients benefits which include:

- Reduction in pain and other symptoms.
- Improvements in circulation, tension and muscle tone.
- Lessening of anxiety.
- Promotion of a sense of wellbeing.

Aromatherapy massage

This treatment works through the application of essential oils obtained from plants. With the correct use and combination of smell, touch, a calm environment and a listening ear, aromatherapy can help reduce anxiety, stress and fear.

Reflexology

The effectiveness of reflexology is based on the theory that there are areas in the feet which correspond to all the major organs, glands and body parts.

By applying specific pressure techniques - usually to feet and sometimes to hands - the healing powers of the body are activated and help create and maintain total body balance.

Acupuncture

Acupuncture is an ancient Chinese method of treating illness. According to the Chinese philosophy we all have energy or Qi (chi) moving in channels around the body. These should be free flowing and equally balanced. If the channels become blocked then pain or illness develops. Acupuncture needles are very fine needles which are inserted into points on the skin which encourage the Qi to flow freely again. Modern medical views are that acupuncture works by altering the pain relieving chemicals in the body.

Cognitive relaxation

Anxiety is the body's normal reaction to a stressful event, triggering the 'flight or fight' response as muscles tense, the heart beats faster and breathing quickens. Relaxation techniques teach patients to gain a greater sense of control over the feelings associated with anxiety.



Hypnotherapy

This treatment is about creating positive change to help overcome many physical or psychological disorders. Hypnosis induces a pleasant state of relaxation which enables the subconscious part of the mind to receive the desired beneficial suggestions.

Reiki

A method of natural healing, this whole-person treatment (as opposed to specific symptoms) is very simple involving hands being placed gently in sequence over the patient's fully clothed body.

These complementary therapies are available to patients, families and carers who are stressed or bereaved.

To contact the Complementary Therapy office to make an appointment please call **01624 647452**.

How to contact Hospice Isle of Man and Rebecca House

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Hospice Isle of Man is the operating name of the Isle of Man charity Hospice Care, registered number 317.

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