



Bolton Hospice
caring from the heart

Complementary Therapy

PATIENT INFORMATION LEAFLET

Review: April 2012

Consent is required prior to a session and you can stop the treatment anytime.

Therapists are managed by Day Therapy Senior Sister. All therapists have the relevant professional qualification to deliver the therapies listed in the leaflet.

Holistic Therapy Treatments

Many conditions can be helped by holistic therapies.



They can help to reduce stress levels, insomnia and help promote relaxation and psychological uplift.



It may also be an opportunity to express emotion and talk about the difficulties you are experiencing.

Therapies will be adapted to suit individual needs.

Aromatherapy

Aromatherapy is a gentle massage using natural essential oils, for example Lavender and Camomile, and are used to enhance body, mind and spirit. The session usually lasts 20-45 minutes dependent on treatment.

Reflexology

Reflexology is based on the principle of balancing the body's energies through reflexes in the feet.

Reflexology involves giving massage in a certain manner to all areas of the feet.

There are areas on the feet which relate to all parts of the body.

The session usually lasts 30-45 minutes dependent on treatment.

Reiki

Involves the transfer of natural energy through one person to another. This therapy involves the therapist placing hands gently over the body. It is harmless, does not require faith or belief and there is no need to undress to receive this energy.

The session usually lasts 30 minutes.

Indian Head Massage

Indian Head massage is a massage involving the head, neck, shoulders, face and scalp. This massage is very successful in soothing away stresses and strains.

The session usually lasts 30 minutes

If you wish to express compliments, concerns or complaints please see the Day Therapy Senior Sister—Contact 01204 663066

You will receive an initial consultation and a further 4 complementary therapy sessions which can be taken at your convenience. Any further therapies will be discussed and agreed as a matter of course.

It may not be possible to have your treatment by the same therapist at each attendance, although we will try our best to have continuity of therapy.

PLEASE NOTE

These therapies are designed to complement your medical care (they do not replace treatment). Complementary Therapists work closely with the medical and nursing teams.

Any donations towards treatments will be greatly appreciated.

If you require this leaflet in an alternative format or language please speak with a member of staff

For further information
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