



**Patient Information**

**Complementary Therapy**

Cancer Wellbeing Centre







We would advise you to tell your medical team if you are considering using complementary therapies. They may be able to offer advice as to which therapies are suitable for you to have.

The complementary therapies are used alongside your medical treatment and not as an alternative to treatment.

### **What Happens First**

On arrival, your therapist will discuss your treatment and complete a consultation form. This helps the therapist to agree an appropriate treatment plan for you.

Please be aware that you may not always be able to have the therapy of your choice.

You will then be left to prepare for the treatment and make yourself comfortable on the couch. You may be asked to remove clothing, depending on the treatment you are having. Towels will be available to maintain dignity, which is respected at all times.

Once the treatment is complete, you will be asked for your feedback and your therapist will note down any comments.

After care instructions are included at the back of this leaflet

**Please report any new symptoms to your family doctor (GP) or a member of your medical team.**



## **What is Reflexology?**

This is based on the principle that there are reflex areas in the hands and feet that correspond to all of the glands, organs and parts of the body. The application of systematic pressure, using the thumb and fingers, to specific reflex points on the hands or feet, releases congestion and promotes the flow of energy and aims to treat the person with a view to alleviating physical and emotional symptoms.

## **What Happens in the Treatment?**

You need to remove your shoes and socks. The therapist will then help you onto the couch and make sure you are comfortable.





## **What is Reiki?**

Reiki means “universal life energy.” Reiki practitioners believe that energy surrounds and moves through the human body. Reiki attempts to balance the flow of this energy.

Treatment may produce feelings of deep relaxation, warmth or sleepiness and increased well-being.

## **What Happens in the Treatment?**

You may sit or lie down fully clothed and the therapist will place their hands on or above your body using a variety of hand positions. They may leave their hands in position for a few minutes.





## **What is Aromatherapy?**

This is the use of essential plant oils to improve physical and mental well-being. The oils are diluted with a carrier oil and are normally absorbed through the skin or inhaled.

The therapeutic effect results from a combination of the physiological effects of the oils and the relaxation of the gentle, rhythmic massage.

Aromatherapy may be beneficial in reducing anxiety, tension, pain and depression.

## **What Happens in the Treatment?**

You may need to remove clothing and sit or lie down, depending on the area to be massaged using oils. You will be covered with towels to maintain your modesty and dignity at all times.





## **What is Massage?**

This is the term used for a variety of techniques that involve touching, pressing, kneading and manipulation.

Therapeutic massage consists of gentle rhythmical touch, with movements varied to suit individual's needs. Massage may be beneficial in reducing anxiety, nausea, pain and may aid relaxation.

You may be offered a full body massage if it is appropriate alternatively it may be a hand/arm massage, leg/foot massage or shoulders/back and neck massage.

Indian head massage may also be available.

## **What Happens in the Treatment?**

You may need to remove clothing and sit or lie down, depending on the area to be massaged using oils or cream. You will be covered with towels to maintain your modesty and dignity at all times.





## **What is a Facial?**

The therapist will carry out a consultation with you to talk about your requirements and skin condition.

Your hair may be wrapped in a towel to protect it and the therapist will use cotton pads and cream to cleanse your skin. A calming face mask will be applied and a relaxing hand and arm massage carried out.

The therapist will apply a toner and moisturise your skin using gentle upwards strokes to promote relaxation, leaving you feeling refreshed and calm.





## What is Hypnotherapy?

Hypnotherapy is a therapy that uses hypnosis. You are in a trance like state where your body is deeply relaxed but your mind is active. We all go into such states of mind naturally in daily life, for example, when daydreaming or concentrating deeply on something.

The therapy is led by a person called a hypnotherapist.

You stay in control at all times. You may feel heavy or light but remain relaxed. When you are in this relaxed state your hypnotherapist suggests things that might help you to change your behaviour or relieve symptoms. Your unconscious mind is then open to the helpful suggestions of the therapist.

The therapist works with you to change your behaviour in a positive way or to reduce physical symptoms. But even if you are hypnotised, you don't have to take on the therapist's suggestions. No one can be hypnotised if they don't want to be.





## What is Emotional Freedom Technique?

Emotional Freedom Technique (EFT) is often referred to as psychological acupressure. It's a bit like acupuncture but without the needles.

An EFT treatment involves tapping on the end points of energy meridians that are situated just beneath the surface of the skin.

The tapping is carried out by the client with the assistance of the therapist. Positive phrases are repeated along with the tapping resulting in a more positive outlook and frame of mind. Negative patterns and behavior can be altered using EFT and clients can easily use it on themselves, once they have learned the simple technique.

Emotional Freedom Technique (EFT) can be used to treat fears, phobias and pain. It can also be applied to help stop smoking and lose weight.





## **Aftercare Advice**

After receiving complementary therapy you often feel relaxed, less stressed and uplifted.

Sensations of warmth, coolness and tingling may occur in the area/s treated for 24 - 48 hours following treatment.

Occasionally you may feel tired and sometimes emotional.

### **Try to maximise the beneficial effects of the treatment and:**

- Rest and relax as much as is possible afterwards.
- Drink plenty of water.
- Eat a light meal.
- Avoid alcohol and caffeine.
- Continue with any medication as normal and in accordance with your doctors instructions.

Patients with diabetes may want to monitor their blood sugar levels as some therapies may affect this.

**If you experience new symptoms please seek the advice of your family doctor (GP).**



## Further Information

**If you have any questions or queries please contact the Cancer Wellbeing Centre between 9.00am - 4.30pm Monday-Friday (except bank holidays)**

**Tel: 0151 706 4603**

**Text phone number: 18001 0151 706 4603**

**If you have any concerns about your health please contact your GP for advice**

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