

## **Complementary Therapies – Further Information**



### **Aromatherapy**

This therapy is the combination of massage and essential oils which are mixed with a base oil such as Grapeseed. Aromatherapy can help to relax the body to promote a sense of relaxation and well-being.

### **Indian Head Massage**

This therapy is similar to massage but uses different strokes and techniques. The scalp and face are massaged along with the back, neck, arms and shoulders.

### **Massage**

Our massage treatments are very gentle. Massage can be given to the hands, feet, back, neck, shoulders and face and can be tailored to your requirements. Massage can be given over clothes or with massage oil against the skin.

### **Reflexology**

Reflexology is thought to balance the body's energy flow by pressure being applied through the therapist's fingers and thumbs. The pressure is applied to specific reflex points in the feet or hands.

### **Reiki** (pronounced Ray-kee)

Reiki is an ancient Japanese therapy that works on all levels of the body's energies – mental, physical, emotional and spiritual. The therapist gently places their hands over or on your body.

### **Therapeutic Touch**

This therapy is used widely by American nurses. Therapists are trained to be aware of the energy field that is around us. Sometimes through ill health and stress the energy field becomes unbalanced. The therapist re- 'patterns' the energy flow to bring balance to the energy field.