

Complementary Therapy



**Northern
Ireland
Hospice**



Complementary therapies can help relieve tension, promote feelings of well being and aid relaxation.

We would like to offer you the opportunity to benefit from these relaxing therapies.

All our therapists are qualified and experienced in the therapy they provide and will complete an individual assessment, tailoring the therapy to suit your needs.

The range of therapies on offer include:

Aromatherapy

Aromatherapy involves the use of essential oils derived from plants. Familiar examples include lavender, lemon, rose and bergamot. When we smell something we like, it can lift and improve our mood and help us to feel more relaxed and revived.

There are many ways of using the oils. The most common way is through massage. This may be on your hands, feet, neck, back or shoulders depending on what you would like.

Indian Head Massage

Indian head massage involves massage of the upper body, especially the neck, shoulders, scalp, back and face. The aim of the treatment is to reduce tension and stress.

Reflexology

Reflexology involves the use of massage and pressure points on the feet. By examining the feet, it is possible to discover where you are experiencing difficulties in the physical body. It is relaxing and releases blockages in the flow of energy anywhere in the body.

Reiki

Reiki involves a practitioner channelling energy while placing their hands around the fully clothed body and over the body's energy centres.

Reiki can leave you feeling relaxed, revitalised and relieved of many aches and pains.

After Care following your therapy

Drink water or herbal teas if desired. Eat a light diet. Rest and keep warm for a short period to allow your body to energise itself.

Complementary therapies are used alongside conventional treatments.

Appointments

Complementary therapy is available for patients and carer's in both the adult and children's hospices. Appointments can be made by contacting the Complementary Therapist or Carers' Co-ordinator.

Help us
to continue
caring



There is no charge for hospice care. It is available on the basis of need. We depend mainly upon legacies and donations to provide this service. From making a donation, to taking part in an event, or leaving us a gift in your Will, find out how you can help more patients receive the care and support they need. Visit nihospice.org or contact our fundraising team on **028 9078 1836** or email fundraising@nihospice.org

Northern Ireland Hospice

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