

Arden Cancer Centre

Complementary Therapies

Introduction

Complementary therapies are offered to patients affected by cancer. They are not offered as an alternative method of treating cancer, but to enable people to retain a sense of control in their lives, whilst aiding relaxation and helping to promote a sense of well-being.

One to one therapies currently available are reiki, reflexology, massage, aromatherapy, facials and Indian head massage. All therapies are by appointment, as due to demand we may only be able to offer a limited number of sessions per patient.

Most therapies last about an hour. You will be asked to sign a consent form and fill out a health questionnaire before your first session. Please let the therapist know if you have any allergies or other medical conditions which may affect the type of oils or therapies that can be used.

Our therapists are fully qualified and insured, and offer their services purely on a voluntary basis. For this reason the therapies available may vary and there may be a waiting list, depending on how much time our volunteers are able to give us.

To arrange your appointments, or for further information, please telephone the Macmillan Radiotherapy Specialists on 024 7696 7290 who will co-ordinate your appointments for you.



Patient Information

Reiki

Reiki is a Japanese word meaning universal healing energy. It draws on a life force energy that surrounds all living things, working on all levels. Reiki practitioners tune into this energy in order to relax the body, clear the mind and balance emotions. Reiki encourages the body's natural ability to balance itself.

Reiki is normally given lying down but can be done seated; patients are fully clothed whilst the practitioner lightly places their hands over the patient.

Reflexology

Reflexology is based upon the principles that there are reflexes on the palms of the hands and soles of the feet which represent organs in all parts of the body. Gentle massage of these points can be used to restore and maintain the body's natural equilibrium. For each person the application and effect of the therapy is unique.

Massage

Therapeutic massage is widely recognised as being a safe and natural way to relieve stress and tension, and can bring about improved sleep patterns. It is similar to aromatherapy, but essential oils are not commonly used.

Facials

Facials include; cleanse, exfoliate, tone, mask and moisturise, accompanied by a facial, neck and shoulder massage.

Aromatherapy

Aromatherapy uses essential oils and their odours to aid relaxation, and to alleviate stress. Pure essential oils are obtained from plants, herbs, seeds, woods and resins. They are diluted and, with pure vegetable oils, are massaged into the body.

Aromatherapy can be used to treat many disorders, but it is offered here to help promote a feeling of well-being. On your first visit our therapists will discuss your needs with you and decide which oils to use.

Patient Information

Indian Head Massage

This treatment involves massage on the areas most vulnerable to stress – upper back, shoulders, neck, scalp and face, but benefits the whole body. Indian head massage can be received whilst sitting in a chair.

Yoga

Relaxing yoga techniques help to restore strength and confidence.

- **Relaxation** to ease anxiety and build the immune system.
- **Joint Freeing Exercises** and easy yoga movements to aid the removal of toxins, combat arthritis, improve range of motion and generally strengthen the body.
- **Breathing Practices** and breath awareness to calm the nervous system and help deal with pain.
- **Meditation** and visualisation to allow emotions to surface and to develop clarity and inner strength. All practices are gentle and undemanding and can be done sitting in a chair, making them suitable for all ages and fitness levels.

Yoga is carried out as a group session, usually on a monthly basis. People may attend yoga as often as they would like but should numbers exceed the space available priority will be given to new patients. **Please telephone to book a place.**

Produced by Alison Crichton & Julia Biggs, Macmillan Radiotherapy Specialists.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 7290 and we will do our best to meet your needs.

The Trust operates a smoke free policy

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