

COMPLEMENTARY THERAPIES

At John Taylor Hospice we offer a suite of complementary therapies which aid relaxation, pain management and well-being.

Based at our Living Well Centre, our Complementary Therapist and Physiotherapist can support patients with a combination of therapies including aromatherapy, Indian head massage, reiki, reflexology, acupuncture and hand and foot massage.

Complementary therapies can help improve sleep, aid relaxation, reduce pain, relieve headaches and nausea, boost energy levels and increase well-being.



Our complementary therapies are specially designed to be gentle with very light pressure.

An initial consultation will take place to assess your needs and introduce the different therapies and their benefits. Then our Complementary Therapist will create bespoke treatments ensuring your care is ‘Taylor-made’.

Each complementary therapy session lasts roughly 20-30 minutes and takes place at the hospice.

MENU OF TREATMENTS

Acupuncture – Derived from ancient China, acupuncture uses fine needles to stimulate sensory nerves under the skin and in the muscles alleviating pain and inducing relaxation.

Aromatherapy – Using essential oils from plants to promote emotional well-being, aromatherapy can be combined with therapeutic massage.

Hand and foot massage – This treatment can be relaxing or stimulating depending on the requirement. Gentle massage techniques can be used with or without essential oils.

Indian head massage – Popular in Asia for more than 5,000 years, Indian head massage works on the scalp, face, neck and shoulders, alleviating muscle stiffness and inducing well-being. The treatment can be given seated and fully clothed with essential oils an option.

Reiki – Developed in Japan, a reiki therapist uses natural energy to rebalance the body, mind and spirit. The therapist may place their hands on or over the body.

Reflexology – By massaging reflex areas in the hands and feet, based on the principle these reflexes correspond to other parts of the body, reflexology can stimulate or relax.

Relaxation techniques – Guided visualisation encourages relaxation through picturing scenes and images which are calming.

**WANT TO
KNOW
MORE?**

Ask to speak to our Complementary Therapist for more detailed information about the therapies on offer.

Your donation helps make every moment matter.



John Taylor Hospice is a community interest company (Registration No 7532827) and is a not for profit social enterprise. Part of John Taylor Hospice is the John Taylor Hospice Charity (Registered Charity No