

Therapeutic Massage

Massage therapy in supportive care refers to therapeutic massage in which touch is considered to be an independent channel of communication.

Therapeutic massage consists of gentle rhythmical touch with movements varied to suit individual needs.



Reiki

Reiki (pronounced ray-key) is a Japanese word meaning 'universal energy'. It is a simple, hands on system helps to restore the natural balance in the body. Reiki promotes deep relaxation and brings a sense of peace and wellbeing.

The client lies or sits comfortably in a peaceful environment while the practitioner places her/his hands gently on or over the client, in a series of positions around the body.

Reiki is a non-invasive therapy, with clients remaining fully clothed throughout the session. Most people experience a warming, soothing and relaxation sensation. Heat from the practitioner's hands may also be felt.

Aims of the Service

- To contribute to a sense of wellbeing
- To promote relaxation
- To reduce tension, stress and anxiety
- To provide emotional support

The basis of this service is to complement and is not a substitute for medical treatments.

This service is free of charge.

St Andrew's Hospice

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Complementary Therapy



Therapies at St Andrew's Hospice

Prior to any treatment taking place, an initial assessment will be carried out between the person receiving the therapy and the therapist.

This discussion will determine the appropriate therapy to suit the needs of the recipient at this time. This can be adapted or changed at any time to suit the recipient's ongoing needs.

Reflexology

Reflexology is based on the principle that there are reflex areas in the feet that correspond to all of the glands, organs and other parts of the body.

By working the feet, a deep sense of relaxation is induced and promotes a sense of wellbeing.



Aromatherapy

Aromatherapy is the systematic use of essential oils in treatments to improve physical and emotional wellbeing.

Essential oils are blended specifically for the individual person, used in either massage or for inhalation, to help with emotional states. They work by stimulating the sense of smell, which elicits certain emotions.

An aromatherapy massage allows you to enjoy a relaxing experience in a peaceful, private environment.

During massage, slow gentle strokes are applied to the surface of the body, which helps to reduce muscle tension.

Indian Head Massage

Indian Head Massage has been practiced in India for over 1000 years.

It was originally used as a technique to keep long, thick hair healthy and in beautiful condition.

Today, it is used to promote relaxation. It involves a relaxing gentle massage of the upper back, upper arms, shoulders, neck, head and face.

This helps to relieve the stress and tension of everyday life.

