

Complementary Therapies



What are Complementary Therapies?

Complementary Therapies support well being and may assist in symptom control, aiding relaxation alongside other services provided by St Luke's Hospice Plymouth. We offer treatments to complement your medical care. Treatments and therapies are available to patients and families being cared for by St Luke's at home or in the hospice.

For more information visit
www.stlukes-hospice.org.uk/therapies

What treatments are available?

Our team of qualified and registered therapists offer the following treatments:

Massage

Using gentle pressure with the hands and a number of different massage strokes, massage will assist the gentle unwinding of tense muscles, helping relaxation.

Reflexology

Reflexology uses a gentle pressure technique on the soles of the feet or hands to stimulate 'reflex' points in the body and ease the body's functioning.

Reiki

Reiki is a practice of channelling natural energy. Energy will be channelled through clothing via the practitioner's hands, with the aim to promote calm and aid relaxation.

Aromatherapy

Aromatherapy is the therapeutic use of essential oils to balance and strengthen the body's systems and enhance the body's own healing process. This technique can be transferred to a foot or hand massage, head and face massage or back massage.

If you are interested in treatments not listed above, we can arrange these on request in partnership with other therapy providers.

For more information on any of our treatments see our website.

Do I have to pay?

St Luke's fully funds a number of sessions per person. Your therapist will inform you in good time when the funding limit is reached. There is then the option for you to pay for further treatments, but no obligation.

Contact us

To find out more or to speak to a member of staff about these therapies contact us on **01752 401172**.

info@stlukes-hospice.org.uk

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