

How do I access this service?

Complementary Therapies are offered to patients on the In-Patient Unit, Day Hospice, Out-Patients and in your own home. Carers can also access our full range of therapies (subject to availability).

For further information to help you decide which of the therapies might suit your needs best, please feel free to talk to one of our therapists.

What do I need to bring with me?

Clothing – loose comfortable garments should be worn. Towels are provided when appropriate.

What are the benefits

- Relaxation & Easing symptoms of illness
- Reduce symptoms of stress and anxiety
- Relieve muscle pain and tension
- Reduce side effects of conventional treatments (chemotherapy, radiotherapy and ongoing medication)
- Improve emotional well-being

Hairdressing

We offer a wide range of hairdressing services and advice for scalp and wig care. You can also pamper those nails with a manicure in our salon!



St Teresa's
Hospice
Giving to life

**The Woodlands, Woodland Road,
Darlington, DL3 7UA**

telephone 01325 254321

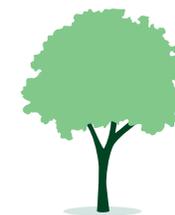
enquiries@darlingtonhospice.org.uk

For more information about our services:

www.darlingtonhospice.org.uk

Registered Charity No. 518394

COMPLEMENTARY THERAPIES



St Teresa's
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What are Complementary Therapies and why would I need them?

Complementary Therapies are given alongside conventional treatments for cancer and other conditions. They are beneficial for pain relief, and for promoting relaxation and well-being which is particularly important. The main criteria for the choice of therapy is simply what you feel comfortable with. Our therapists are fully trained, qualified and are members of recognised professional governing bodies.



The following therapies are provided at St Teresa's Hospice:

Acupuncture

Traditional acupuncture is based on ancient principles, which date back nearly two thousand years. The aim of acupuncture treatment is to restore the body's equilibrium. By inserting ultra-fine sterile needles into specific acupuncture points, a traditional acupuncturist seeks to re-establish the free flow of Qi (pronounced "Chee") to restore balance of your energy and trigger the body's natural healing response.

Relaxation Massage

Massage is the manipulation of superficial and deeper layers of muscle and connective tissue using various techniques, to enhance function, aid in the healing process, decrease muscle reflex activity, inhibit motor-neuron excitability and promote relaxation and well-being.

Aromatherapy Massage

Aromatherapy is the use of volatile plant materials, known as essential oils, and other aromatic compounds to calm and relax, or invigorate and uplift you, to improve cognitive function and health. Aromatherapy can be used in several different ways including an aerial diffuser which allows essential oils to be exposed to the air so that the oils naturally evaporate and disperse, inhalation which allows the essential oils to be directly inhaled, and topical application for general massage and therapeutic skin care through the use of balms and lotions.

Reflexology

The underlying theory behind reflexology is that there are "reflex" areas on the feet that correspond to specific organs, glands, and other parts of the body. By applying pressure to these reflex areas it will promote health in the corresponding organs through energetic pathways. Most people find reflexology to be very relaxing, and it should not be painful.

Chinese Massage

Tui Na is a form of Chinese manipulative therapy that's part of Traditional Chinese Medicine, often used in conjunction with acupuncture, cupping, t'ai chi and qigong. Tui Na is a hands-on body treatment that uses many different techniques, such as brush, knead, roll/press, and rub. The practitioner can then use a range of motion, traction, and massage, along with the stimulation of acupressure points. These techniques are claimed to aid in the treatment of both acute and chronic musculoskeletal conditions. Because Tui Na massage can be very relaxing, it is particularly useful to relieve anxiety and stress, promote relaxation and aid sleep.

Diversional Therapies

A creative expression using various media tailored to your needs. The therapeutic approach of crafts helps to overcome psychological and spiritual emotions, allowing personal development either one to one or working in a group.