

Indian head massage

This gentle rhythmic massage is applied to the upper back, shoulder neck, scalp and face. The treatment can be carried out fully clothed, with or without or with the use of oils.

It is believed that three of the major energy centres of the human body can be found in and around the head. These are the brow, the crown and the throat. Acting on a physical, mental and subtle level, Indian head massage stimulates these important energy centers, helping to maintain the important balance of energy within the body, which in turn promotes a sense of wellbeing, positive energy and relaxation.



Massage

Simple, careful touch of the human hand is one of the most ancient and effective means for relieving discomfort in the body. Our therapists use various massage techniques which can be applied over clothing or directly onto the skin.

People who have had massage report physical, emotional and psychological benefits. There is research evidence to suggest massage can help with pain, anxiety, depression, stress, and immune function. Studies have also found improvements with quality of life, nausea, anger and fatigue.

"I had trouble sleeping for months after my diagnosis, but now my sleep is better and my peace of mind is as well."

How to refer

Please get in touch with any member of the hospice multi-disciplinary team who will initiate an internal referral for complementary therapy.



"The worry and anxiety made me feel that I couldn't even shrug my shoulders without pain, I felt like I was carrying the weight of the world. After my first massage treatment I was able to move my shoulders freely again without any discomfort and I felt far less stressed."

For further information on any of our complementary therapies please contact **Fiona Cumming** at Solas, Ayrshire Hospice, 35 Racecourse Road, Ayr, KA7 2TG
Telephone 01292 269200.

Information on the full range of Solas services can be found on our website at www.ayrshirehospice.org

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Complementary therapy



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Complementary therapy

At the hospice we offer a wide range of complementary therapies for patients and carers. We can provide treatments in one of our comfortable therapy rooms, the in-patient unit or at home, if you or your carer are unable to travel to the hospice.

Our qualified therapists will undertake an individual consultation with you to ensure the treatment is tailored to your needs and does not have any contraindications with your current health issues. Occasionally some treatments may not be suitable, however we have a wide range of alternative options that can be offered.

Our therapies are provided free of charge by a team of professional therapists who hold recognised qualifications. Our therapists will create a bespoke treatment plan of up to 6 sessions to best suit your needs, followed by a MDT review to decide if further treatments are required.

People who come to the hospice for complementary therapy are encouraged to use their own transport.

Our aim

Complementary therapy is applied alongside and in support of conventional medical methods. The holistic approach of treatments aims to ease the emotional, mental and physical effects that illness can have on patients and their carers.

The treatments are best suited to patients and carers who feel in need of additional support to manage their physical and emotional symptoms.



Reflexology

Reflexology works on the theory that there are reflex areas in the feet, hands and face which corresponds to all organs, systems and glands of the body.

The treatment involves a gentle pressure being applied to specific areas of the feet, to quickly calm the overtaxed nervous system. Reflexology is one therapy that works directly on nerve endings and that brings real, direct, nervous system relief, helping restore the body's natural balance and energy flow.

There is growing evidence that reflexology can help reduce pain and anxiety. Recent evidence suggests that reflexology can also reduce fatigue, improve mood and quality of life.



Relaxation sessions

Relaxation techniques are helpful for those experiencing generalised anxiety, sleep disturbance, pain, nausea, breathlessness or fatigue. They can also be used to enhance general wellbeing.

Group relaxation sessions are held twice weekly in Solas; however people can be seen individually if it is more appropriate.

Meditation and mindfulness sessions

Meditation and mindfulness has many benefits. You will learn how to develop inner peace, reduce anxiety and stress by learning to relax and focus on the moment. It will also help improve sleep and enhances skills in coping with everyday fears, worries and stresses. Feelings of anger, tension and depression can also be reduced.

We offer weekly drop-in classes for guided meditations and practical advice on how to solve daily problems.

Aromatherapy

Aromatherapy uses essential oils extracted from aromatic plant sources to help ease many conditions including anxiety, pain and muscular tension. Massage is the most effective method of using aromatherapy oils, although controlled inhalation of the oils can also be beneficial.

Reiki

A safe, gentle, non-intrusive technique which aims to restore internal harmony through balancing the body's energy. The person remains fully clothed and the treatment can be carried out from a seated or lying position. Reiki is a long established energy treatment which is particularly good at helping to reduce stress and anxiety levels.

