



**St Barnabas**  
Hospice • Care • Support

Wellbeing  
Support

Complementary  
Therapies



Find out more at  
[StBarnabasHospice.co.uk](https://www.StBarnabasHospice.co.uk)

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## Complementary Therapies

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### About us

St Barnabas Hospice is a local independent charity which supports more than 10,500 people across Lincolnshire each year. We deliver free, high-quality, compassionate end-of-life care and support to adults with a life-limiting or terminal illness, their family and carers.

### What are complementary therapies?

Complementary therapies are not an alternative to conventional medical treatments; they work alongside them to enhance your wellbeing and quality of life. They can help with emotional and physical symptoms.

They may help to do the following:

- Relieve stress and tension
- Promote relaxation
- Assist with lymphatic drainage
- Renew energy levels
- Induce a feeling of peace, calm and wellbeing
- Ease aches and pains
- Improve sleep

Our therapies are provided by a team of voluntary professional therapists who hold recognised national qualifications.

### Is there a cost involved?

The treatments are free but donations are always welcome.

### What complementary therapies are available?

#### Aromatherapy

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Aromatherapy is the controlled use of plant essential oils for therapeutic use, reported to be uplifting calming or energising. It is believed to enhance mood and reduce feelings of depression and anxiety.

#### Massage

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Massage is the gentle manipulation of the body's soft tissue using specific techniques. The therapist will discuss with you what area of your body may benefit most from massage, e.g. feet and legs, neck, shoulder and back.

In addition to relaxation, massage may also offer you pain relief. If essential oils are used, they will be absorbed through your skin during massage.

“Such lovely supportive people, it has made a very big difference to my own wellbeing.”



## Reflexology

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Reflexology is the study of the feet and hands, the areas of which correspond with a gland, organ or part of the body. By using a specific technique, the reflexologist will apply gentle pressure to your hands or feet using thumbs and fingers. In particular, reflexology may help with digestive disorders and may help reduce some back and joint pain.

## Reiki

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Reiki is a simple technique in which it is believed that energy is channelled through the hands of the practitioner to wherever it is most needed, activating your body's own natural ability to balance itself.

Reiki is delivered whilst you are seated and fully clothed. It is thought that Reiki releases blocked energies, working to create a state of balance and harmony and promoting a sense of deep relaxation. You may experience warmth, coolness, tingling or other sensations.

In particular, Reiki may help improve sleep patterns, relieve anxiety and help reduce pain levels. Most people feel a sense of relaxation, which leaves a feeling of peace, and calmness that may stay with them some time afterwards.

## Indian head massage

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Indian head massage is a relaxing treatment concentrating on massaging your head, neck, shoulders and face. It can be delivered directly to the

skin using oil or over the clothes without oil. In particular, Indian head massage may help you relieve muscle tension and improve posture.

## Personalised complementary therapy

After your clinical needs have been discussed, you will be offered a specific complementary therapy. However, if you have previously benefited from a therapy please inform a member of staff and this will be taken into consideration.

## What to expect at the first appointment

At your first appointment, the therapist will explain the treatments available and ask you some health questions before discussing the most appropriate treatment for you.

## How often are the appointments?

Our courses consist of approximately four treatments. After which you will receive a leaflet to guide you in seeking a suitable practitioner local to you.



In case of concerns or complaints, please contact:

**The Chief Executive's Office  
St Barnabas Hospice  
36 Nettleham Road  
Lincoln  
LN2 1RE**

**01522 511 566**

Or, Lincolnshire Patient Advice and Liaison Service (PALS) on **0845 602 4384**



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**Alternative language copies available:**

If you would like this information in another language or format, please contact Marketing on **01522 559 504**

Aby otrzymać te informacje w innym języku lub formie, prosimy o kontakt z działem marketingu pod numerem **01522 559 504**

Jei norėtumėte gauti šią informaciją kita kalba ar formatu, prašome kreiptis į Rinkodaros skyrių tel **01522 559 504**

Ja vēlaties saņemt šo informāciju citā valodā vai formātā, lūdzu, sazinieties ar Mārketinga nodaļu pa tālruni **01522 559 504**

Dacă doriți să aveți această informație în altă limbă sau alt format, vă rugăm să contactați Marketing la **01522 559 504**

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