



Complementary Therapy Service

Supporting you and your family

loros.co.uk

LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Being there for *you*
and *your family*

What are complementary therapies?

Complementary therapies are not an alternative to conventional medical treatments; they are used primarily to enhance wellbeing and quality of life. They may help with the following:

- Reduce stress and tension
- Ease aches and pains
- Lift mood and help with anxiety
- Improve sleep
- Feeling of deep relaxation
- A general sense of wellbeing

Will I have to pay?

The treatments are free but if you would like to donate you are most welcome.

What complementary therapies are available?

Aromatherapy

Aromatherapy is the controlled use of essential oils which have therapeutic properties. The oils can be uplifting, calming or energising and work on both a physical and emotional level.

Massage

Massage is the gentle manipulation of the body's soft tissue using specific techniques. This enhances the effects of the essential oils allowing them to be absorbed through the skin, into the bloodstream, where they are transported around the body. The therapist will discuss what area of your body will be most beneficial, for example, back, neck, shoulders, or legs and feet.

Reflexology

Reflexology works on the principle that there are reflex areas in the feet and hands which correspond to all the glands, organs and parts of the body. By using a specific technique of applying gentle pressure to





the hands or feet, in a series of movements; this can promote deep relaxation and wellbeing. therapist will discuss what area of your body will be most beneficial, for example, back, neck, shoulders, or legs and feet.

Indian Head Massage

Indian head massage is a deeply relaxing treatment where gentle pressure is used, over the upper body (back, shoulders, neck, head and face).

Relaxation and visualisation

Relaxation is a technique which is used to reduce stress, improve sleep and help produce calm and wellbeing. Visualisation can be a guided gentle relaxing journey in your imagination, or a means of helping you to take control of a situation. Each of these uses a verbal approach to offer empowerment to the person. would like to donate you are most welcome.

Hypnotherapy

Hypnotherapy induces a relaxed daydream-like state. The hypnotherapist will guide you into that relaxed state and be able to use positive suggestions to help you with the issue you want to change. You are aware of what is happening and are in complete control throughout.

Mindfulness

Mindfulness involves paying attention to what is going on inside and outside ourselves,

moment by moment. This can be taught either on a one to one or group session and may include meditations, gentle movements like seated yoga. Mindfulness maybe helpful to reduce stress and anxiety.

What can I expect at my first appointment?

On your first appointment the therapist will explain the different treatments available and ask you some general health questions. Then he/she will decide on the most appropriate treatment for you.

After care advice

Please ensure you drink more water and have a restful day.

How often will I be seen and where?

We offer six sessions of treatments to patients and their relative (main carer). We have a dedicated complementary therapy room at LOROS.

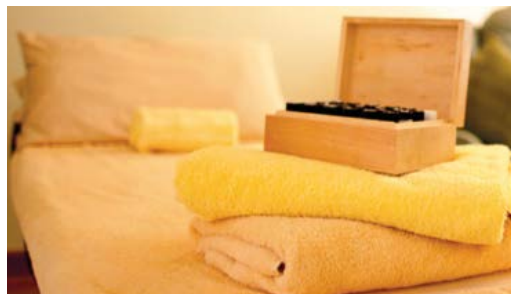
Who can be referred for complementary therapy?

Our treatments are offered to all LOROS patients and their relatives (main carers). All of our services are free of charge to our patients, their family and carers.

Who can refer you to our complementary therapy service?

Please contact any member of your LOROS healthcare team who will be able to refer you.

To find out more please ring the complementary therapy service on (0116) 231 8402



This leaflet is updated regularly. For the most up to date information please visit [loros.co.uk/care](https://www.loros.co.uk/care)

In case of comments or complaints, please contact:

Chief Executive, or Director of Patient Services and Clinical Quality, LOROS, Groby Road, Leicester LE3 9QE

or, Care Quality Commission, East Midlands Office, Citygate, Gallowgate, Newcastle Upon Tyne NE1 4PA

Alternative languages:

LOROS Hospice is dedicated to ensuring equality and diversity is at the core of all our activities.

If you need this information in your own language, please contact the PA to our Patient Experience Lead on 0116 231 8435

જો તમને આ માહિતીની અન્ય ભાષા અથવા સ્વરૂપમાં આવશ્યકતા હોય તો કૃપા કરી ટેલીફોન નંબર 0116 231 8435 પર Patient Experience Lead PA (પેશન્ટ એક્સપેરીયન્સ લીડ પીએ) નો સંપર્ક કરો

Jeżeli chcieliby Państwo otrzymać niniejsze informacje w tłumaczeniu na język obcy lub w innym formacie, prosimy skontaktować się z PA Zespołu Patient Experience pod numerem telefonu 0116 231 8435.

ਜੇਕਰ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਪ੍ਰਾਰੂਪ ਵਿੱਚ ਪ੍ਰਾਪਤ ਕਰਨਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਰੋਗੀ ਅਨੁਭਵ ਪ੍ਰਤੀਨਿਧੀ PA ਨਾਲ 0116 231.8435 ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

Haddii aad ku dooneyso macluumaadkan luqad kale ama habeyn kale fadlan la soo xiriiir Hogaan Bukaanka Waayo-aragga PA taleefoon nambarka 0116 231 8435

আপনি অন্য কোনো ভাষা বা ফরম্যাটে এই তথ্য পেতে চাইলে অনুগ্রহ করে 0116 231 8435 টেলিফোন নম্বরে প্যাসেন্ট এক্সপেরিয়েন্স লিড পিএ-তে যোগাযোগ করুন

اگر آپ کو یہ معلومات کسی اور زبان یا فارمیٹ میں درکار ہوں تو برائے مہربانی پیشنٹ ایکسپیرینس لیڈ کے PA سے اس فون نمبر پر بات کریں 0116 231 8435

LOROS Groby Road, Leicester LE3 9QE

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