



Our Complementary  
Therapies

## **A brief description of Complementary Therapies we offer at Teesside Hospice**

### **What is Aromatherapy?**

Aromatherapy uses essential oils extracted from flowers, herbs, fruits and plants. These oils can be used in several ways, most often in combination with massage (knowns as aromatherapy massage) and inhalation through room vaporizers or aroma sticks. When essential oils are massaged or inhaled, the scent activates the brain's limbic and central nervous system which, among other functions, is said to help improve both physical and emotional wellbeing. Benefits of aromatherapy include relief from stress, anxiety, tension, nausea, pain, insomnia, constipation, low mood and may give you a feeling of deep relaxation.



### **What is Massage Therapy?**

Massage therapy is a gentle manipulation of the body's soft tissue using specific gentle techniques. The Complementary Therapist will discuss with you what area of your body may benefit the most from this treatment, for example back, neck, shoulders, hands, legs or feet. In massage therapy we do not use essential oils, but the patient can select what medium they want the therapist to use, from unscented plain carrier oil, unscented base cream or the use of a pre-blend hand or foot lotion that has a slight scent. Massage therapy may promote relaxation and may ease stress and tension.

### **What is Indian Head Massage (adapted)?**

Indian head massage is a massage therapy that works specifically on the head, scalp, face and neck, extending to the shoulders and upper back. Indian head massage is known to be quite a vigorous treatment so here at the hospice we use an adapted gentler technique. An Indian head massage treatment is very beneficial for physical and emotional health such as, relief from stress, anxiety, tension, insomnia, low mood and may give you a feeling of deep relaxation.

### **What is Hearts Process?**

The Hearts Process combines touch and relaxation skills for palliative care, Hearts is an acronym for Hands-on, Empathy, Aromas, Relaxation, Textures and Sound. It has been developed and evaluated as a simple, effective and accessible method of helping to promote calm and improve wellbeing. It can be used through clothes or bed sheets so there is no need for undressing. A therapy that can be used 'in the moment' offering a

profound effect in a short time. With the objective to make relaxation or accessing a calmer state possible for those clients who are anxious, in pain or unable to sleep.

### **What is Aroma-flexology?**

Aroma-flexology is a form of foot massage using movement and essential oils. Pressure is spread over a larger area making it possible to treat more than one reflex at the same time, when necessary. It is a gentle, non-intrusive treatment based on the theory that different reflex points on the feet and hands correspond with organs, glands and parts of the body. Aroma-flexology specifically treats the body via the energy lines which flow from each reflex to the organ it represents. Medical history and symptom management will determine the blend of prescribed essential oils mixed with a base cream, to address these concerns. Troubled reflexes are massaged in circular movements over specific areas, using a small amount of cream. After 'self-care' includes daily treatment using the prescribed essential oil reflex cream, by the patient or a carer, with the aim of promoting balance and relief of symptoms.

### **What is Reflexology (Classic)?**

Reflexology is a specialised form of foot massage. It involves the application of gentle pressure to specific points on the feet known as reflexes, which correspond to all the parts of the body. In this way the feet can be seen as a map of the body. Benefits of reflexology could be, relief from stress, anxiety, tension, nausea, pain, insomnia, constipation, low mood and may give you a feeling of deep relaxation.

### **What is Reflexology Lymph Drainage (RLD)?**

Reflexology Lymph Drainage (RLD) is an award-winning reflexology technique which focuses on stimulating the lymphatic reflexes on the feet. The aim is to cause an effect on the lymphatic system in the body. It is a gentle, non-invasive reflexology technique that has been devised to mirror the methods and effects of Manual Lymphatic Drainage (MLD). Specific lymphatic reflex points are used in a particular sequence on the feet. The sequence of (RLD) is based on the anatomy physiology and function of the lymphatic system and the principles of Manual Lymphatic Drainage (MLD) and Simple Lymphatic Drainage (SLD). RLD uses the reflexology anatomy reflection theory to mirror these principles on



the corresponding reflexes of the feet. RLD is designed for anyone with lymph conditions such as secondary lymphoedema, e.g., a swelling in the arm after breast cancer. Early research suggests that RLD may be useful for patients with non-cancer related, auto-immune disorders, e.g., rheumatoid arthritis, fibromyalgia, ME, allergies, migraine, and many other inflammatory conditions.



### **What is Reiki?**

Reiki is based on the Japanese belief that we are all receivers and transmitters of energy; the session is a gentle non-invasive treatment that involves the therapist moving their hands over or on special energy points in the body. It is a very gentle treatment, which aims to improve the balance of energy in the body and mind. Reiki could promote general wellbeing and relaxation. There is no requirement to remove clothing for this therapy.

### **What is Relaxation?**

Relaxation is a state of reduced tension and anxiety both physically and mentally. It is a feeling of calmness and comfort allowing the mind and body rest and recover from stress. Relaxation is essential for well-being and can be achieved through various techniques and activities. We practice relaxation at Teesside Hospice to alleviate physical symptoms like pain, breathlessness, reduced anxiety, stress and promote a sense of peace. We offer Relaxation on a 1 to 1 or in a group setting. We use different techniques such as; mindfulness, belly breathing, visualisation, and square/box breathing.

### **What is Auricular Acupuncture?**

Auricular Ear Acupuncture is based on Acupuncture Theory where a single part (the ear) is used to treat the whole body. It is thought ear acupuncture works by affecting nerve impulses and the central nervous system (modern Western perspective) or the idea that 'qi' (vital energy) travels around the body along 'meridians' which the acupuncture points affect (ancient Oriental view.) The insertion of 1 to 5 acupuncture needles placed into both ears in positions that activate the parasympathetic nervous system and alleviate symptoms of stress and anxiety. The treatment may be conducted on an individual basis or is just as effective in a group setting.

**“I would like to thank everyone responsible for this wonderful service. Carol is absolutely the right person for this job. So caring and gentle. I always go home feeling as though she has reached into my brain and unscrambled it. It is my half hour of sheer bliss. Long may it continue. I hope that the sessions are able to help more people in times of severe stress, like me. Thank you.”**

### **What is Pamper Facial?**

A pamper facial is a treatment for the face that also sometimes includes the neck and shoulders. Often it will start with a cleanse, then include an exfoliation, massage, face mask, and moisturiser. Our pamper facial is all about pamper and pure relaxation. Treatment will be adapted for the individual.

### **What is Manicure?**

The word manicure is derived from the Latin words manus, meaning ‘hand’, and cura, meaning ‘care’. A manicure therefore cares for hands for the following reasons: to improve hands’ appearance, to keep nails smooth, to keep the skin soft and for general well-being. In a manicure treatment we start with a hygiene cleanse of the hands, followed by nail file and shape. Then a soaking of the nails to remove any dirt from under the nails. Followed by a hand and arm massage, then to finish with a nail buff and shine, cuticle oil or you may want to select a colour from our OPI range.

### **What is File and Polish?**

If you are just looking for a tidy of the nails with a polish without the manicure and hand massage, then this treatment is for you. We shape the nails using a natural nail file then we apply an OPI polish to your nails. You can select from a clear or a colour polish. Our therapist does not cut or use nail clippers to cut the nails; this would come under a podiatry service that we do not offer at this time.



## About our 1 to 1 Appointments

### What are 1 to 1 Appointments for patients?

We offer a block booking of 1 hourly treatment sessions over a 5-week block booking. In your block booking we could help with symptoms such as stress or anxiety, or you may just want some me time to enjoy the experience of pure relaxation and therapies. We could offer a combination of therapy treatments with adaption for the individual. Your therapist will discuss and recommend the right therapy treatment for your symptoms and wellbeing. You can discuss this you're your therapist on the first meeting. Your GP, Consultant, or wellbeing nurse at Teesside Hospice can refer you to the Complementary Therapy team.



### What are 1 to 1 Appointments for Carers?

At Teesside Hospice we are here to also support carers, so that's why we too offer a block booking of 1 hourly treatment sessions over a 4-week block booking. You may use that time to enjoy pure stillness, relaxation and me time. We offer a combination of therapies for the individual's needs. You can discuss this with your therapist on the first meeting. You can be referred to Complementary Therapy team by a member of staff at Teesside Hospice.

## About our Group Sessions

### Patient Groups

#### Group Auricular 'Ear' Acupuncture for Patients

We offer a block booking of 2-hour session Auricular 'Ear' Acupuncture. This is over a 10-week period. This group is for patients who have stress and anxiety that would like to try Auricular Acupuncture. The group is kept small of a maximum of 5 patients at a time. As we focus on stress and anxiety, once the needles are in place, we may also do a group guided relaxation as this would complement the auricular acupuncture protocol.

#### Group Relaxation for Patients

We offer a block booking of 2-hour session group Relaxation. This is over a 5-week period. This group is for patients who want guidance and who want to practice relaxation. If you are struggling to focus or would like to learn some of the different techniques of relaxation, then this group is for you. The group is kept small of a maximum of 5 patients at a time.

### **Group Self-help for Patients**

We offer a block booking of 2-hour self-help group sessions. This is over a 5-week period. This group is for patients who are keen for Complementary Therapies and would like to practice self-help techniques. This group is kept small of a maximum of 5 patients at a time. Creating a welcoming atmosphere. In this group you will learn and practice self-help techniques from different therapies such as Aromatherapy, Reflexology, Acupressure, Indian Head Massage, affirmations, Relaxation and breathing techniques. The aim of these sessions is to help promote wellbeing and to empower the patient.

### **Group Social and Pamper**

We offer a block booking of 2-hour social and pamper group sessions. This is over a 10-week period. This group is for patients who want a social connection and support while enjoying a nice short pamper therapy. This group is kept small of a maximum of 6 patients at a time. Over the 10 weeks sessions we offer mini taster therapies such as, manicures, hand and foot massage or Indian head massage whilst socialising. The aim of these sessions is to improve wellbeing and relaxation.

## **Carers Groups**

### **Group Acupuncture for Carers**

We offer a block booking of 2-hour session Auricular 'Ear' Acupuncture. This is over a 10-week period. This group is for carers who have stress and anxiety that would like to try Auricular Acupuncture. The group is small of a maximum of 5 carers at a time. As the focus is stress and anxiety, once the needles are in place, we may also do a group guided relaxation as this would complement the auricular acupuncture protocol.

## **How to be referred**

### **Patients**

You can be referred by your GP, Consultant, or wellbeing nurse at Teesside Hospice.

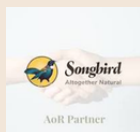
### **Carers**

You can be referred by a member of staff at Teesside Hospice.

“How lovely that Teesside Hospice thinks about the welfare of carers as well. There is a lovely atmosphere and **everyone is kind and caring and thoughtful**. I really enjoy my pamper sessions and feel I am in very good hands with everyone I have met here.”

“Really enjoy coming to this group. Everyone is so friendly and have made me feel **so welcome**. I have met some lovely people. Carol does the best massages, I just want to pop her in my pocket and take her home.”

“Really look forward to coming here every week. **It makes a difference to my life**. My favourite is the head massage, feels like I have a new head. It’s nice to come and chat with the ladies. The staff are brill, they make you feel so welcome. Thanks to everyone for their efforts.”



Teesside Hospice  
1 Northgate Road, Linthorpe,  
Middlesbrough, TS5 5NW

Last review: October 2025  
Next review: October 2028