

# Complementary therapy

Helping you to feel better, in every way



## What is **complementary therapy**?

Complementary therapies offer a range of treatments to help alleviate symptoms and improve your quality of life.

These non-pharmalogical and non-invasive therapies can be delivered alongside your medical treatments.

## How can you **benefit** from these services?

Complementary therapies consider the wellbeing of the whole person and can alleviate physical, emotional and psychological symptoms.

They may offer an alternative method of relief for complaints and symptoms along with standard medical input.

## Conditions that can be helped include:

Physical symptoms such as pain, fatigue or energy difficulties, breathlessness, nausea, constipation, lymphatic drainage, odour control and muscle tension.

Emotional and psychological symptoms such as anxiety, stress, low mood and insomnia.

## What's on offer?

We provide the following therapies:

Reflexology, lymphoedema treatment, aromatherapy, massage, Reiki, Bach flowers, emotional freedom technique (tapping), relaxation therapy and guided meditation.

At your initial consultation, we will assess your needs to determine the most suitable therapy and agree a treatment programme with you.

## Who provides the service?

If appropriate, a referral will be made by one of our health professionals.

Therapy will be provided by one of our qualified complementary therapists, each of who is skilled in one or more of the therapies.

## When and where is this **service available?**

We provide complementary therapy in a variety of settings, including our inpatient unit, day centre, outpatient clinics, or your home.

We can also offer these therapies to your family and carers.

A member of the complementary therapy team will contact you following your referral.

## Contact **us**

01473 727776

[enquiries@stelizabethhospice.org.uk](mailto:enquiries@stelizabethhospice.org.uk)

[stelizabethhospice.org.uk](http://stelizabethhospice.org.uk)

St Elizabeth Hospice

565 Foxhall Road, Ipswich, Suffolk, IP3 8LX

