

Complementary Therapies



Jersey Hospice Care supports a holistic approach to healthcare



Jersey Hospice Care
your care, your choice, your time



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Photographs by Glen Perotte

Have Your Say

The quality of the services we offer is regularly reviewed and we welcome your views. You may speak to any member of staff about how to feed back. This may include a questionnaire, such as 'I Want Great Care' or VOICES.

This feedback can be anonymous and any information we hold on you will be treated with the strictest of confidence.



'Total relaxation, a wonderful experience'

Complementary therapies are used alongside conventional medical, nursing and allied health professional treatments, to help improve the health and well-being of the patient.

Complementary therapies can range from self-care approaches such as meditation to physical treatments like massage.

How will complementary therapy help me?

Evidence suggests complementary therapies may be useful in the following ways:

- promoting relaxation
- alleviating anxiety
- reducing depression
- reducing pain
- reducing nausea
- alleviating symptoms of breathlessness
- improving sleep patterns
- reducing stress and tension
- reducing psychological distress
- increasing well being

Every person referred to Complementary Therapy will be individually assessed and, in discussion with you, your treatment will be tailored to suit you.

Complementary therapies offered by Jersey Hospice Care

Gentle Hand, Arm, Leg & Foot Massage, Body Massage and Chair Massage using a combination of gentle strokes, light touch and hold techniques to aid relaxation.

Head Massage is a treatment that involves a light massage to the scalp, face, upper back and shoulders to relieve tension in the muscles.

Reflexology works on the basis that every body part, organ and gland is linked with a corresponding area on the foot or hand. Reflexology is the practice of massaging the feet in order to produce a relaxed response in the corresponding regions of the body. By applying controlled pressure with the fingers or thumbs to the reflex points, the body is stimulated to achieve its own state of balance and wellbeing.

Reiki is a type of energy work whereby the therapist gently places their hands on various positions over the whole body to channel energy to the recipient which can help to restore a sense of balance within the mind and body. Reported benefits include an improved sense of well-being, relaxation and comfort.

Therapeutic Touch is a practice that uses a sequence of hand movements, each position being held for 2 - 5 minutes. These sessions may help improve sleep patterns, reduce stress and promote relaxation.

Relaxation and Mindfulness techniques are a variety of meditation and breathing techniques, which can calm the mind and help alleviate stress and tension. You can be taught to do these on your own.

Manicures and Pedicures are offered, incorporating a simple file and polish with a gentle hand or foot massage.

Aromatherapy is the practice of using essential oils derived from plants, fruits, flowers, trees and herbs. Oils are selected to use for either massage, inhalation or diffusion by a therapist to encourage relaxation and to promote a feeling of well being.

Where will I have a complementary therapy session?

There are two treatment rooms; one located in the King Centre and the other located by the Physiotherapy Gym. Both treatment rooms have soft lighting, massage couches and ambient music to help encourage relaxation.

For those patients who would prefer their treatments in a comfy reclining chair there are two relaxation rooms in the King Centre. Treatments can also be provided in patient's rooms on the In Patient Unit.

How do I access the complementary therapy services at Jersey Hospice Care?

If you are already a patient receiving support from staff at Jersey Hospice Care, you can talk with them about being referred for complementary therapy. Treatments are offered to suit individual needs and following an initial consultation, six sessions are offered.

Immediate family members and carers of Jersey Hospice Care patients may also be referred to the Complementary Therapy department for up to three sessions.

Treatments are provided by qualified therapists and appointments will be made by the Complementary Therapy Co-ordinator. All of our treatments are offered free of charge.

