

What are Complementary Therapies?

Complementary therapies are a combination of both modern and ancient techniques and can offer a great deal of support to those that use them. They are used to help promote a feeling of personal well being. All complementary therapies are working holistically, with your body's own natural healing processes and energy, whether on a physical, emotional, or spiritual level. People who access our treatment sessions comment that they find them very relaxing, enjoyable and beneficial.

Complementary therapy should never be looked upon as a cure, or replacement for medical advice or conventional methods of treatment that your doctor may recommend. However; what they do is work alongside them, in a fully 'integrated' way and can assist with symptom control and quality of life issues rather than the treatment of disease. Many of the therapies concentrate on relaxation and reducing stress. They can help to calm emotions, relieve anxiety and give you a greater sense of confidence and boost your self esteem.

People often use complementary therapy to help them feel better. How you feel plays an important part in how you cope with having and living with a life limiting illness; whether you are a patient or a carer. But there is a difference between feeling better and getting better. For example, having a massage may make you feel calm and full of energy, but of course this doesn't mean the massage has actually treated your illness.



Acupressure

Acupressure has its origins in traditional Chinese medicine. Therapists believe that the gentle application of finger pressures into a specific area of the skin, thought to affect the nerves in the skin and muscle, help release the flow of Qi (Chee) vital energy, which helps balance, Mind-Body-Spirit. Stimulating these points sends bio-chemical messages to the brain to release hormones, such as endorphins (the hormone that gives you a sense of well-being).

Hand & Foot Massage Techniques

A form of structured touch which may be used to promote rest and relaxation, and help to relieve anxiety. It involves the application of an oil/lotion to the skin followed by a series of movements using the fingers and thumbs to apply gentle pressure to either the hands or feet. Our sessions are fully adaptable to a patients' need.

Aromatherapy

Aromatherapy uses the therapeutic properties of essential oils, which are extracted from various natural plants, flowers, fruits and seeds. Different oils affect the body in a variety of ways – they can be calming, relaxing, uplifting, or energising. They can also be useful in helping to reduce particular symptoms. Oils can be inhaled, diluted in carrier oil and massaged into the skin, added to a cream or lotion, or added to bath water. Your therapist will choose a blend of oils and a way of applying them specifically to suit your needs.

Indian Head & Chair massage

Massage to the upper back, shoulders, neck, scalp and face can help relieve tension and promote a sense of relaxation. Our sessions are fully integrated and adapted to need.

Energy Techniques & Balancing

Including Butterfly Therapy, Reiki, Energy Balance, Myton Holistic Touch, use of Crystals. The therapies are called various names depending upon the discipline or the approach taken. They do not require any religious beliefs to either give or receive. They are delivered with little or no touch, and there is no need to remove clothing. The vibration of energy can work in a number of ways to bring positive growth. All of the energy balancing therapies we offer aim to restore balance and harmony between the mind, body and spirit. This can be deeply relaxing and helpful during times of anxiety and stress.

Reflexology

The application of applied finger/thumb pressure to certain points on the hands or feet that correspond to areas in the body which help alleviate tension, fatigue and pain, encouraging relaxation, easing stress and anxiety.

Body Massage

A form of structured touch involving different movements, pressures and pace using the thumbs, fingers, palms, sides of arms applied to all or part of the body.

Relaxation Tools & Techniques

An essential life skill which can be learnt and improved with practice. It means different things to different people and can be done alone or in a group. Examples include breathing techniques, stretching, progressive muscle relaxation, mindfulness meditation, modified yoga. Visualisation/guided imagery, can all offer a sense of empowerment, whilst experiencing a greater sense of relaxation and well-being.



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