

For further information or to discuss your interest to receive a course of complementary therapies, please contact your cancer nurse specialist or cancer support worker team to make a referral on your behalf.

You can also contact:

St Helens Hospital Macmillan Information and Support Centre at:

macmillansupport@sthk.nhs.uk  
or telephone  
01744 646985

**MACMILLAN**  
**CANCER SUPPORT**  
**RIGHT THERE WITH YOU**



Pictures: <https://www.freepik.com/free-photos-vectors/royalty>

St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

[www.MerseyWestLancs.nhs.uk](http://www.MerseyWestLancs.nhs.uk)

## Complementary Therapies

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

**Author:** Operational manager  
**Department:** Cancer services  
**Document Number:** MWL2146  
**Version:** 001  
**Review Date:** 01 / 04 / 2027

Complementary therapies are provided in a designated room at the Lilac Centre, St. Helens Hospital for patients who have been diagnosed with or treated for cancer at the Trust.

A complementary therapy means you can use it alongside your conventional medical treatment. **It does not replace traditional cancer treatment** such as surgery or chemotherapy, however, there are several benefits associated with improving your general health and wellbeing which includes:

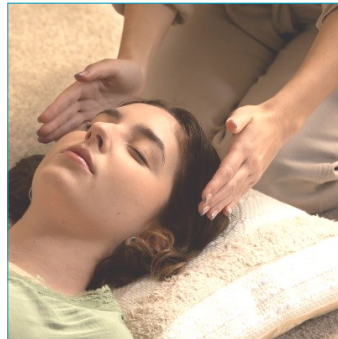
- Reducing stress
- Reducing anxiety
- Improving sleep
- Aiding relaxation
- Helping to reduce mild aches and pains.

At St Helens Hospital, there are 4 different types of complementary therapies which you can choose from. These are:

1. Reiki
2. Aromatherapy massage
3. Indian head massage
4. Reflexology.

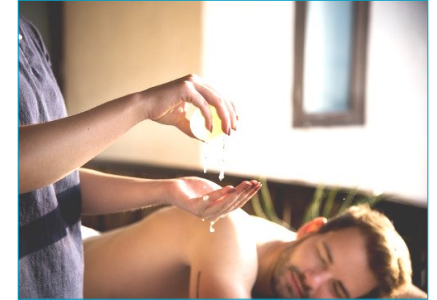
## Reiki

Reiki is a Japanese energy healing technique used for stress reduction, promoting deep relaxation, easing of muscle tension and helps to improve sleep. The main aim of the treatment is to promote calmness and balance in both the body and mind. Energy is balanced during reiki treatment and it is a non-invasive therapy in which you will remain fully clothed during the treatment, with no pressure applied to the body. The treatment is a natural form of energy healing, using varying frequencies of energy to heal all levels which is channelled by the therapist.



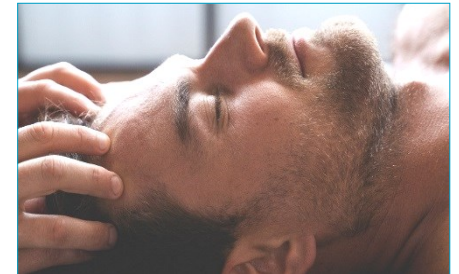
## Aromatherapy massage

Aromatherapy includes a relaxing massage, using essential oils to calm and relax the body to reduce stress, anxiety and tension. This massage technique is gentle, soothing and aimed for total relaxation through the restorative properties of using essential oils.



## Indian head massage

Indian head massage is an ancient traditional treatment, which dates back over 4000 years ago. During this treatment the upper back, shoulder, neck, arms, scalp and face are massaged. The treatment is gentle yet invigorating to soothe the mind, stimulate hair growth and improve circulation on the scalp.



## Reflexology

Reflexology involves providing gentle pressure to the feet. This treatment reflexes the feet to correspond with different parts of the body by pressing and massaging pressure points to help the body to relax, improve general wellbeing, boost circulation and remove toxins from the body.

