

Aromatherapy

are there any side effects?

Most people feel relaxed and calm after a therapy and have no adverse reactions.

If you are having chemotherapy or radiotherapy, it is advisable to allow a couple of days between your treatments and complementary therapy, although a light hand or foot massage can still be carried out. Please ask the therapist for advice.

An 'After-care' leaflet is available.

Complementary Therapies Office

01252 729437

CT@pth.org.uk

**Large print version
available on request.**

Phyllis Tuckwell Hospice Care

Waverley Lane, Farnham
Surrey GU9 8BL

The Beacon Centre,
Gill Avenue, Guildford,
Surrey GU2 7WW

Phyllis Tuckwell Memorial Hospice Ltd.
Registered Number 1063033. Registered Charity Number 264501.

Tel: 01252 729400

Email: mail@pth.org.uk

www.pth.org.uk

February 2020





What is aromatherapy?

Aromatherapy is a gentle, relaxing, therapeutic massage, which combines the senses of smell and touch to treat the patient. An individual blend of essential oils is made up for each individual.

Different areas of the body can be massaged, e.g. the back, feet, hands or face. Our therapists will help suggest the most suitable massage area according to your needs on that particular day.

How can Aromatherapy help me?

Aromatherapy can help with:

- relaxation,
- a sense of well being,
- fear,
- anxiety,
- depression,
- muscular aches and pains,
- skin and circulatory problems,
- insomnia,
- and constipation.

"It's made me feel human again."

How does it work?

Aromatherapy uses the therapeutic benefits of various oils and their interactions with patients' sense of smell and energy systems. Essential oils are concentrated essences extracted from herbs, flowers, fruits and trees. Each has its own unique character and beneficial properties. They are diluted in a base oil and applied using gentle massage. Other ways to use essential oils include in creams, aromasticks or diffusers.

What do I need to do?

Aromatherapy massages can be carried out on the couch in the therapy room, in the recliner chair or whilst in bed - whichever is most convenient for you. Towels will be used to cover you at all times, ensuring that your privacy is maintained. A treatment takes about 20-30 minutes depending on the area being massaged.

Who gives the treatment?

We have a team of therapists who are fully trained in Aromatherapy and have many years of experience working for us.

Where can I access Aromatherapy?

Aromatherapy is available in the In-Patient Unit, in Day Hospice, as an outpatient, in the Community and at the Beacon Centre.

How do I book a therapy?

Patients first have to be referred to Phyllis Tuckwell, then appointments can be made with the Complementary Therapies Department.

Is there a charge for this treatment?

No, all services offered by Phyllis Tuckwell are free. As a charity we are dependent on the local community for their generosity and financial support. We only receive 20% of our funding from the NHS/Government and therefore we have to raise over £20,000 a day to provide all our services. If you would like to make a donation, please ask a member of staff, or visit our website. Thank you.

Can I have more than one therapy in a day?

It is not advisable to have two therapies on the same day, as the body needs time to benefit fully from each individual therapy.