

Reflexology

SARA LEE



What is Reflexology?

Reflexology is an ancient therapy with a history going back over thousands of years. It is based on the principle that there are zones on the feet and hands that correspond to different parts of the body, and that massaging these zones in a special way promotes and restores energy flow. When our bodies are subject to stress or disease, our natural ability to maintain equilibrium is impaired. By promoting a state of deep relaxation, reflexology can help assist this balancing process and can sometimes help reduce symptoms and side effects such as tension, anxiety, pain, muscular spasm, and digestive problems.

What happens during a Reflexology treatment?

At your first appointment you will be asked questions about your health and general wellbeing to help determine the focus of the therapy. You will be treated either lying down or sitting up, whichever is most comfortable for you. Clean towels will cover your feet and your body will be covered with a blanket. Only the hand or foot that is being worked on will be exposed. The reflexologist will apply gentle pressure to all the areas of your foot or hand, adapting their approach for each person they treat. The adaptations will depend on your state of health and any medical treatment you are receiving at the time.

Where will this take place?

Appointments can be arranged at Sara Lee therapy rooms at St Michael's Hospice; The Rye, Winchelsea & District Memorial Hospital; and the Sara Lee Therapy Centre in Sidley, Bexhill. We also see people on the wards of St Michael's Hospice and local hospitals, and we provide a home visit service for those unable to travel to us for their therapy.

How long does a session last, how many will I have, and how often will they take place?

Therapy sessions last up to 50 minutes, although the first sessions will usually take a little longer to allow time for an initial assessment. We are currently able to offer a set of 6 sessions for patients and 3 for family members and carers.

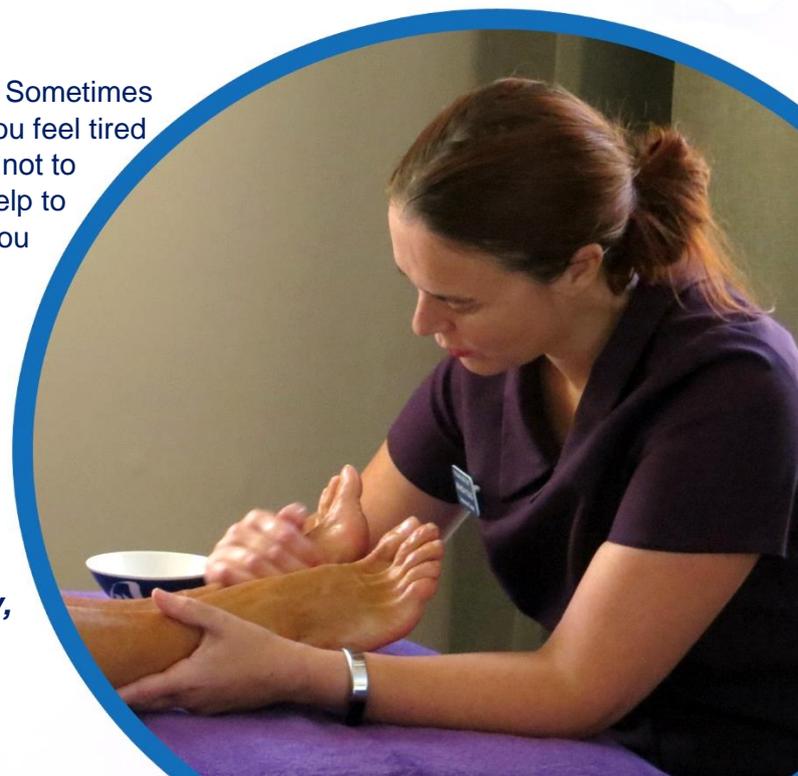
How will I feel afterwards and what should I do?

After a treatment you may feel very relaxed and sleepy. Sometimes people feel energised and want to use their energy. If you feel tired it's best to have a sleep. If you feel energised take care not to overdo it! You may feel thirstier than usual and it may help to have a glass of water to drink. It is recommended that you avoid alcohol on the day of the treatment.

Therapist qualifications

Sara Lee Trust therapists are fully trained and experienced, and belong to an appropriate regulatory body. They undertake ongoing training and are fully insured.

Complementary therapies, including reflexology, should not be regarded as an alternative to medical treatment prescribed by your doctor.



Further Information on The Sara Lee Trust Services

Who we are and what we do

The Trust was established in 1996, in memory of Sara Lee, who lived locally and died from cancer, aged 32. Today the Trust continues to provide essential care and services to people in Hastings and Rother affected by cancer and other life-threatening illnesses, including family members and carers.

We provide, free of charge, counselling, complementary therapies and group activities. The Trust delivers over 80 hours of therapy care per week to local people, including patients of St Michael's Hospice and The Rye, Winchelsea and District Memorial Hospital where we have treatment rooms and provide care on the wards. We also provide therapy in the community by visiting patients in their own homes, and from July 2017 our Therapy Centre in Sidley, Bexhill will be operational.

To be referred for our services

Please speak to a health professional responsible for your care (e.g. nurse specialist, GP or consultant). They will need to complete a referral form, which can be downloaded from our website (see below for details).

To find out more about our services, or if you have any comments or suggestions to make about the Sara Lee Trust, contact us at:

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