

Aromatherapy

What is Aromatherapy?

Aromatherapy is the therapeutic use of aromatic plant essences and essential oils that can support wellbeing and help maintain balance of the mind, body and spirit. The essential oils are taken from a vast number of different plants and each has their own individual therapeutic value. Aromatherapy dates back hundreds of thousands of years and, being both an art and a science, is a truly holistic approach to wellbeing and balance rooted in ancient traditions and modern scientific research.

What are the benefits to me?

Aromatherapy can promote and support a feeling of deep relaxation, allowing the body to find its own natural balance, relieving feelings of stress, tension and anxiety. It can also be gently invigorating, can uplift the spirits and help to focus the mind. In some cases it can improve circulation and digestion, and relieve symptoms such as dry or sore skin, mild nausea and pain.

What happens during an aromatherapy treatment?

At your first appointment, you will be asked questions about your health and general wellbeing. This helps the therapist decide, with you, which essential oils to use. These oils will be applied in a very gentle massage, after being carefully blended into a carrier oil such as sweet almond or grapeseed oil.

For your massage, you will need to remove only enough clothing for the therapist to carry out the treatment. The therapist will help you to find the most comfortable position in which to relax before the massage begins. You will be covered with towels or clothing throughout the treatment. The therapist is trained to work with people who have cancer and other serious illnesses, and will adapt their approach for each person they treat. The adaptations will depend on how you are feeling and any medical treatment you are receiving at the time.

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

Therapy sessions last up to 50 minutes, although the first session may take a little longer to allow time for a full assessment. We are currently able to offer a set of six sessions for patients and three 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

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is advisable to have a glass of water to drink. It is recommended that you avoid alcohol on the day of the treatment.

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