

# Complementary Therapies

AT Daisy Lodge



## Our Complementary Therapies include:

### Bach Flower Essences

Flower essence therapy is a system of plant and flower based remedies for emotional wellbeing. Flower essences are natural remedies which help to balance emotions and mood such as fear, anxiety, lack of confidence and tiredness. The essences are carefully selected in consultation with our trained therapists. Each essence corresponds to a specific emotion and are chosen to suit individual needs.



### Massage

Massage therapy is a system of treatment of the soft tissue of the body. At Daisy Lodge we use gentle adapted massage techniques. It involves stroking, holding or applying pressure to various parts of the body, with the aim of alleviating aches, pains and musculoskeletal problems. Deep massage to any part of the body is not available as a treatment because it could cause a trauma response.

### Aromatherapy Massage

The holistic practice of aromatherapy has been used for centuries. It involves the systematic, controlled use of a gentle, therapeutic blend of essential oils. Essential oils are chosen in conjunction with the client considering preferences and medical history. An aromatherapy treatment is deeply relaxing and promotes physical and psychological wellbeing. Aroma sticks with essential oils selected by our trained therapists are available for use at home for relaxation.

### Reflexology

Reflexology is a gentle massage of the feet using pressure points which relate to specific parts of the body. Massaging nerve endings on the feet and/or hands help to reduce stress and tension and promote feelings of wellbeing.

### Relaxation Therapy

Relaxation therapy involves breathing techniques and guided and creative imagery to quiet the mind and induce relaxation.

### Holistic Facials

Holistic facials are a deeply relaxing treatment which includes a deep cleanse, facial massage, acupressure points, and lymphatic drainage. It is an eclectic mix of techniques taking inspiration from India and Japan.



## Benefits of

### Complementary Therapy:



Reduces pain and physical tension



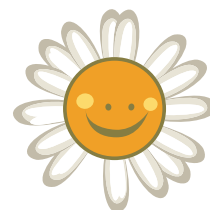
Reduces anxiety and stress



Improves sleep



Improves breathing



cancer fund for children