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COMPLEMENTARY THERAPY



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Complementary Therapy

There are many forms of complementary therapy, including Reflexology, Aromatherapy and several types of massage. The primary purpose of these therapies is to encourage and promote relaxation of the body and mind. This is based on the view that the mind and body are inextricably linked and the health of one is interdependent on the health of the other.

More detailed information relating to each therapy is available at WAVE to inform treatment choice and the development of therapy goals.

All WAVE clients can avail of this service, please contact your local centre for referral details

Reflexology

What is Reflexology?

Reflexology is a complementary therapy that focuses on both the feet and hands. The practitioner uses light pressure to massage the feet, toes and ankles, enabling the release of tension, whilst stimulating blood circulation.

What are the Benefits?

Reflexology is suitable for all age groups and may bring relief to a wide range of acute and chronic conditions. Reflexology aims to promote coping on a physical, mental and emotional level thereby encouraging healing and a healthy life balance.

What Does a Reflexology Session Involve?

The practitioner will begin by explaining the therapy and answering any questions. The participant will be asked to remove only their footwear and lie relaxing on a couch whilst the practitioner massages the feet and ankles, or if preferred the hands.

Aromatherapy

What is Aromatherapy?

Aromatherapy is based on a holistic approach using pure essential oils which aim to enhance relaxation and create a sense of general wellbeing. Essential oils are extracted from natural plants and concentrated in highly powerful doses. Through aromatherapy, these oils can be massaged into the skin, inhaled directly or diffused through the air.

What are the benefits?

Regular therapeutic aromatherapy massage may be of benefit in alleviating stress, anxiety, tension and encouraging relaxation.

What does an Aromatherapy session involve?

The practitioner will work closely with the client to determine which oils are most beneficial for them as an individual and the choice of application (eg. massage).

Massage

There are several types of massage therapy and the intent is to relax the soft tissues, increase delivery of blood and oxygen to the massaged areas, warm them and decrease pain. Indian Head Massage is an example of a massage therapy delivered at WAVE, with the benefits including relaxation, stress relief and stimulating blood circulation.

