



# Wellness Services

## Complementary Therapies Spa

For individuals living with a life-limiting illness and their family caregivers



We offer a variety of complementary therapies at our Hospice Centre which include **acupuncture**, **therapeutic touch**, **reiki**, and **gentle hand and foot massage**. Each therapy is delivered by trained Hospice volunteers, and/or practicum students, who are certified in their respective treatment(s). All of our complementary therapy services are offered at no cost to those we serve. To ensure accessibility to all we serve the number of individual sessions is limited to four, and then your name can be added to our interest/cancellation list.

**Acupuncture** is the insertion of fine needles into specific points along the energy pathway to restore the balance of vital energy. The effectiveness of acupuncture for pain relief, nausea, anxiety and addiction is well recognized by medical professionals.

**Reiki** is a laying on of hands directly on or just above the body by a certified Reiki practitioner. People often experience feelings of peace and an improved sense of well-being after a Reiki treatment. The individual remains fully clothed and is usually lying down in a comfortable position.

**Therapeutic Touch®** is a holistic wellness therapy that incorporates a consciously directed process using the practitioner's hands to facilitate wellness and to bring about balance and harmony to the recipient. TT can promote a relaxation response, reducing anxiety and stress. It can help to manage pain, improve sleep and foster a general sense of well-being. The practitioner can use a light touch or no touch at all. The individual receiving Therapeutic Touch® remains fully clothed and can be seated or lying down in a comfortable position.

**Simple Hand and Foot Massage** is a gentle massage to arms and hands and/or lower legs and feet. Very lightly scented essential oils or fragrance-free oils are applied with light pressure to help reduce stress and anxiety. The individual remains fully clothed and is usually seated or lying down in a comfortable position.

**Contact us for current schedule and to book an appointment**



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