

Outstanding Care,
Compassionate People,
Healthier Communities



Sherwood Forest Hospitals
NHS Foundation Trust

Welcome Treatment Centre

Complementary therapies



What are complementary therapies?

These are non-invasive hands-on touch therapies such as massage and reflexology. They can help to soothe tense muscles, lift mood, reduce tension and stress, aid sleep, relaxation and wellbeing, and may ease pain.

Complementary therapy treatments, if appropriate for you, are given alongside, and never in place of, your medical treatment. They are provided by a qualified complementary therapist and are free of charge.

You can choose from reflexology, massage, or Indian head massage. Speak to your specialist nurse if you are interested in booking one of these therapies.

You can have up to six treatment sessions delivered in the treatment room in Clinic 9, which is a relaxing and private safe space where you will not be disturbed. They can be provided before or during your treatment, or when you have finished your treatment (depending on availability).

Who are they for?

These are free for all adult patients with an oncology/haematology diagnosis.

What will happen?

The therapist will ask you some general questions about your health; treatment will be tailored to how you feel on the day or in the moment.

You will be given some simple self-care techniques to use at home to help prolong the effects of your complementary treatment.

How long will it take?

Your first appointment will be around 60 to 75 minutes. Additional appointments will be around 30 to 45 minutes.

Are complementary therapies safe?

Yes, they are recommended alongside conventional medical cancer care to encourage relaxation and reduce stress.

Sometimes a therapy may have to be adapted taking account of your individual needs. It is important to let your therapist know if you have any allergies, or health changes such as fever, swelling or bruising.

Emotions

Sometimes we hold emotions in our tense muscles, particularly in our facial muscles. When we allow these muscles to relax, emotions can come to the surface. Please be reassured that the release of emotions is often common after a complementary treatment and is a normal and healthy response.

Types of complementary treatments

Reflexology

This is a relaxing therapy, based on the principle that reflex or acupressure points on the feet, face and hands correspond to areas of the body. It treats the whole person, aiding relaxation and relieving stress.

The therapist uses gentle pressure to massage pressure points on the feet, hands, head, or face. The aim is to relax the mind and body and promote a sense of wellbeing and calm. Simple grapeseed oil is used to allow a comfortable massage.

The therapist may combine reflexology with breathing exercises or self-care techniques.

You only need to remove your shoes and socks/tights for this treatment.

Massage

This combines different types of touch ranging from stroking to deep pressure (a much lighter touch is used for oncology patients).

Massage helps to calm and release tight muscles and put the body and mind into a state of relaxation. It also helps the body to produce endorphins (the body's natural feel-good chemicals).

Partial removal of clothes is required in some massage treatments. Your privacy and dignity will be maintained at all times.

Indian head massage

This provides a relaxing and soothing massage to areas that commonly carry tension, such as the upper back, neck, and shoulders. The massage is given over your clothing and no oil is used.

If you wear a wig or head covering, these should be removed. A mirror is provided to allow you to arrange these after your treatment.

Appointments for complementary therapies are limited. If you are unable to keep your appointment, please contact the Welcome Treatment Centre on telephone 01623 622515, extension 3079.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

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