

# Welcome Treatment Centre

# Reflexology

## Information for Patients



**This is a foot/hand treatment based on the principle that reflex points on the feet/hands correspond to areas of the body.**

Reflexology involves pressure on the points on your hands and feet which can help reduce anxiety, aid sleep problems and promote the relaxation process.

The therapist will gently massage and apply light pressure to these precise areas on the feet/hands. This is said to unblock channels of energy and stimulate the flow of energy in the body, which can promote a sense of wellbeing and calm.

Reflexology is a caring and a relaxing treatment given alongside, but never in place of, your medical treatment.

The treatment can be carried out while you sit on a couch or in a comfortable chair. Only shoes and footwear need to be removed. Light pressure and massage is applied to these precise areas on the feet/hands.

### How it can help:

- Improves circulation
- Facilitates relaxation.
- Helps with sleep.
- Reduces stress and tension.
- Can help with pain.

Reflexology may not be undertaken (at the therapist's discretion) if you have:

- An infected foot.
- Skin problems such as athlete's foot, verrucas, cuts or rashes.
- Had recent surgery to the feet.

### Care advice

- Avoid a heavy meal before the treatment.

### Following treatment:

- You may feel light headed. We advise you to rest for five to ten minutes.
- It is essential you drink plenty of water/herbal teas. Please avoid caffeine and alcohol for 24 hours after therapy.
- You may want to pass urine more often.
- You may experience emotions such as tearfulness, sadness or elation. If so, tell your therapist who will offer appropriate support.

- Listen to your body. Rest if you are tired. Have a gentle walk if you feel energised.

All patients who attend the Welcome Treatment Centre can be referred by their medical team or specialist nurse. You will be offered a maximum of four treatments (special circumstances apply) subject to the availability by the fully-qualified therapist. The treatments are free and will be suitably adapted for your individual needs.

Each patient will have a consultation by the therapist, who will always undertake a holistic assessment, gain consent, and discuss and adapt the appropriate therapy as required. The consultation and each therapy session last approximately 50 minutes.

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.

If you wish to have further treatments, please refer to further sources of information at the end of this leaflet.

### Contact details

Welcome Treatment Centre, King's Mill Hospital **Telephone:** 01623 622515, extension 3079

### Other useful contacts

MacMillan Cancer Information and Support Centre, King's Treatment Centre  
King's Mill Hospital **Telephone:** 01623 622515

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://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](mailto: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](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office  
Leaflet code: PIL202601-06-REF  
Created: January 2016 / Revised January 2026  
Review Date: January 2028