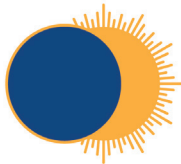




Massage therapies

at the



Royal Hospital for
Neuro-disability

Massage and complementary services at the RHN

Who are our complementary therapists?

All of our complementary therapists are experienced in working within a hospital setting and in working with people experiencing cognitive impairment, as well as various neurological disabilities and conditions.

As such, all treatments are specifically adapted to each individual and their needs. All therapists are registered with either the Complementary and Natural Healthcare Council, the Federation for Holistic Therapists, or a similar governing body.

What do we offer?

Residents can access complementary therapies while at RHN, at a subsidised rate, after completing a massage referral form (which can be obtained from the ward).

The form will ask you to select from the following list of therapies and ensure there are sufficient funds in your account to pay for the treatments.

- Massage
- Clinical aromatherapy
- Reflexology

Treatments will happen on a weekly basis after a thorough initial assessment is carried out.

What is massage?

Massage involves working the soft tissue of the body to improve health and general wellbeing. As part of supportive care, gentle massage focuses on providing comfort and support through the relief of symptoms such as pain or agitation.

Massage is a wonderful antidote to stress, and is especially important for patients who are wheelchair- or bed-bound, as massage improves circulation and encourages better lymphatic drainage.

Massage can be given while either seated in a wheelchair or in bed. It can be given through clothing, or directly in contact with skin using unscented base oils or cream.

What is clinical aromatherapy?

Clinical aromatherapy uses the therapeutic properties of fragrant essential oils (plant extracts).

Essential oils have therapeutic properties and their smell can be uplifting or calming. They can be blended with vegetable oils to give a gentle aromatic massage, or used for inhalation.

The therapist works together with the patient to make up a bespoke blend which can then be used during massage treatments.

What is reflexology?

Reflexology involves massage to reflex areas around the feet or hands, based on the principle that these reflexes correspond to all the parts of the body.

During treatments, the reflexologist uses gentle techniques to stimulate the reflexes, and nerve endings, aiming to relieve stress and tension, treating the body as a whole.

Complementary therapy fees

Initial assessment

20 minutes	£16
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Massage

20 minutes	£15
30 minutes	£20
40 minutes	£25

Aromatherapy

20 minutes	£20
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Reflexology

40 minutes	£40
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Please contact the Leisure and Family Services (LaFS) team to make an enquiry regarding massage therapy services available at the RHN.



Royal Hospital for
Neuro-disability

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