



Massage Treatment

In which the soft tissues of the body are kneaded, rubbed, tapped, and stroked. Massage therapy may help people relax, relieve stress and pain, lower blood pressure, and improve circulation. It also helps promote relaxation, the purpose of a massage therapy is to target the source of the body's pain via eliminating tense muscles, increasing flexibility and further relaxation to the affected muscles as well as the body as a whole.

Hot Stone Massage

This type of massage involves the use and placement of hot stones on different points of the body. The rocks are heated before use and the massage therapist can then apply deeper pressure to areas of concern without causing any discomfort.

Masseuses use the same strokes in a hot stone massage that they would in a Swedish massage, but they perform them with hot stones instead of their hands. The stones allow the masseuse to get more depth more quickly for more intense pressure.



Beaumont House
Hospice Care

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Complementary Therapy at Beaumont House

Our holistic therapists offer Massage, Reflexology and Reiki to patients and carers.

The benefits felt from a treatment can help with relaxation, improved sleep, improvement in symptoms and wellbeing.



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Crystal Healing

What is the meaning of crystal healing? Crystal healing is a holistic, non-invasive, vibrational energy-based system of healing. The technique uses precisely placed crystals either on and/or around the physical body while the client is laid comfortably on the therapy bed. Crystals may also be laid in precise geometric patterns (grids) within the environment. In Complementary Therapy, the word 'healing' refers to the gentle use of positive energy.

Reflexology

A technique that applies gentle pressure to your feet or hands. It aims to bring about a state of relaxation and help the body's own healing process. Reflexology works in a similar way to acupuncture and acupunctur. Reflexologists believe there are certain points on the feet and hands. Reflexology is defined as a calm and soothing massage of the pressure points of the feet, it's basic principle is that the pressure points of the feet correspond to different organs and that through the feet the entire body can be balanced and harmonised.



Reiki

An energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch. Reiki practitioners use their hands to deliver energy to your body, improving the flow and balance of your energy to support healing, people use Reiki to decrease pain, ease muscle tension, speed healing and improve sleep.



Clinical Hypnotherapy

What is Hypnosis? The experience of hypnosis is similar: neither asleep nor awake and a little like daydreaming, with a pleasant feeling of deep relaxation behind it all. In this way, hypnosis is an effective way of making contact with our inner (unconscious) self. No person can be hypnotised against their will and even when hypnotised, a person can still reject any suggestion. Thus hypnotherapy is a state of purposeful co-operation.

If you would like to find out more about our services, please feel free to call us on 01636 610566 or visit beaumonthouse.co.uk

