



The Trinity Holistic Centre

REFLEXOLOGY

What is reflexology?

Reflexology is a simple therapy that uses massage techniques and gentle pressure on the feet or hands. It helps to aid relaxation and can reduce anxiety, pain, nausea, constipation and insomnia.

This therapy is not an alternative to orthodox treatment. It is used to support you through conventional treatment.

What happens in a reflexology session?

At your first consultation a fully trained reflexologist will ask you for some background details, including your medical history, treatment and symptoms to help identify the best treatment for you.

You should always inform your therapist about any medication you are taking as this may affect your reflexology therapy.

The therapist will give you a brief explanation of reflexology and the theory behind how it works.

You will lay on a treatment couch or sit in a reclining chair while the therapist uses massage techniques and gentle pressure on your feet or hands.

Does anyone need to know I am having reflexology?

If you are receiving treatment from your doctor it makes sense to tell them about your plans to have reflexology.

Is there a cost for this service?

The support we offer through The Trinity Holistic Centre to specific patients and carers is largely funded by charitable donations. To ensure that everyone can benefit equally from our services we currently offer you up to six free sessions of reflexology.

If you require any further sessions please discuss this with your therapist.

In some circumstances we may be able to offer further free sessions. Alternatively we can arrange for further reflexology but you would need to pay for this at an agreed hourly rate.

What do you think?

It is important that we know what you think about the reflexology service we offer at The Trinity Holistic Centre, so that we can provide the support people need. You will be asked to complete a simple evaluation form at the beginning and end of your course of reflexology – please do take the time to complete these. All responses will be treated with complete confidentiality.

Mind

Carers

Patients

Spirit

Body

Staff

South Tees Hospitals 
NHS Foundation Trust



The **Trinity**
Holistic Centre

The James Cook University Hospital
Marton Road, Middlesbrough, TS4 3BW

Telephone 01642 854839

This service provided is accountable and demonstrates compliance with the Complementary Therapies Criteria for practitioners who provide therapy or consult with patients on NHS premises.