

# Welcome Treatment Centre Aromatherapy

## Information for patients



**Aromatherapy is the therapeutic use of essential oils. It involves a slow gentle massage treatment which uses natural oils from plants, trees and flowers. The oils are selected to suit each of your own needs and are diluted with a carrier oil, such as coconut.**

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

It can be done in a comfortable chair or on a couch. The area being massaged sometimes needs only partial removal of clothes; your privacy and dignity will be maintained at all times.

### **Aromatherapy might not be undertaken:**

- If you are having chemotherapy treatment. This is at the discretion of the aromatherapist.

*On occasion the use of essential oils may not be appropriate. Instead, the therapist will discuss this with you and offer an alternative therapy.*

### **Aromatherapy can help to:**

- Bring about calmness and relaxation.
- Uplift mood and bring about a feeling of wellbeing.
- Relieve muscle-tension.

### **Risks**

Patients with asthma or allergies are asked to inform the therapist as this treatment might not be appropriate.

## Care advice

Avoid a heavy meal before the treatment, but drink plenty of water.

## Following treatment:

- You could feel light headed. We advise you rest for five to ten minutes.
- It is essential you drink plenty water/ herbal teas. Please avoid caffeine and alcohol for 24 hours after therapy.
- Avoid exposure to strong sunlight immediately after treatment.
- Try not to bathe or shower for four to six hours. This gives the oils time to be fully absorbed into the skin, making them more effective.
- You may need to pass urine more often.
- You may experience emotions like sadness or elation. This may happen immediately or within the next few days.
- You may feel tired.
- 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, subject to the availability by our 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 your 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.

## Contact details

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

## Other useful contact

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.

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