



## Complementary Therapies

We provide the following Complementary Therapies at The Cornerstone:

- Natural Healing
- Aromatherapy Massage
- Indian Head Massage
- Reflexology

**Natural Healing** is energy channelling which can affect a person's life force and bring into balance body, mind and spirit. Its affect is always calming and relaxing. Healing has many benefits, such as helping to ease tension, promote relaxation, reduce effects of trauma and improve quality of sleep

**Aromatherapy** combines massage with the application of essential oils of plants, each of which have specific therapeutic effects and can improve physical and emotional well-being.

**Indian Head Massage** involves an intensive but gentle massage of the head, neck and upper body. It works deeply to ease the physical tension in the shoulders and neck that is often caused by stress

**Reflexology** helps to balance the body and stimulate the body's own natural healing abilities. The treatment involves gentle pressure point massage to the reflex areas on the feet which correspond with the various parts of the body.

**These services are available to people with disabilities and carers who are on limited income. The services are subsidised and each treatment costs £10.00 per session and will last an hour.**

**For further details or to make an appointment please contact**

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One Voice Information Service

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