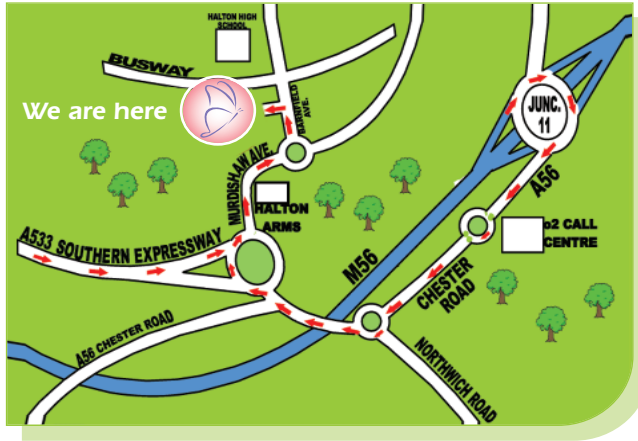


## How to find us...



### Directions

#### By Car: from the M56 - Junction 11

- Onto A56 Chester Road through Preston Brook
- Straight across 1st roundabout past O2 Call Centre
- Straight across 2nd roundabout
- At third roundabout take 2nd exit onto Murdishaw Avenue
- Turn left at small roundabout onto Barnfield Avenue
- Immediate left before traffic lights into Halton Haven Hospice grounds

#### By Car: from Runcorn/Widnes Bridge

- Take first exit off and then keep right onto Bridgewater Expressway
- After traffic lights take 3rd exit onto Southern Expressway A533
- Stay on Expressway until you reach a large roundabout taking first exit onto Murdishaw Avenue
- Turn left at small roundabout onto Barnfield Avenue
- Immediate left before traffic lights into Halton Haven Hospice grounds

## Complementary Therapies

Complementary Therapies are available free of charge for day care patients, family members and carers.

Monday to Friday 10.00am-3.00pm.

Please feel free to contact us for more information.

### How to contact us

Telephone: (+44) 01928 719454  
(+44) 01928 712728  
(+44) 01928 759661

Fax: (+44) 01928 701201

Postal Address: Halton Haven Hospice  
Barnfield Avenue  
Murdishaw  
Runcorn  
Cheshire  
England  
WA7 6EP

Website: [www.haltonhaven.co.uk](http://www.haltonhaven.co.uk)



Registered Charity Number 702654

Registered Office  
Barnfield Avenue, Murdishaw, Runcorn WA7 6EP  
A company limited by guarantee



**HALTON HAVEN**  
*Hospice* for a special kind of caring

## Complementary Therapies



*Reflexology*  
*Aromatherapy*  
*Indian Head Massage*  
*Reiki*





# For a special kind of caring...

*Serving the people of Runcorn, Widnes and the surrounding area*

## Complementary Therapy



We understand that the diagnosis of a serious illness can often leave you feeling very stressed and emotionally drained. The person diagnosed, their families and carers will all be going through a very difficult time.

Complementary Therapies can help restore some balance, both physically and emotionally.

Stress, aches and pains, nausea, difficulty sleeping, irritability and tiredness may all be eased with a course of treatments.

Different therapies suit different people. All are beneficial and it may be that you wish to try more than one to decide what is right for you.



## Therapies Available

### Reflexology

Through working the points (reflexes) on the feet a reflexology treatment can help various areas in the body, stimulating the body systems whilst facilitating a deep state of relaxation.



### Aromatherapy Massage

Essential oils are chosen to suit an individual's specific needs and then gently massaged into the body. Massage is very soothing and relaxing, promoting both physical and emotional wellbeing.

### Reiki

This is a non-invasive therapy involving the laying of hands on or above the body. The flow of Reiki energy helps to re-balance the body and mind and promote self-healing.

### Indian Head Massage

Working the upper back, neck, shoulders, arms, scalp and face Indian Head Massage covers a lot of the areas where people carry tension. Given with or without the use of oil it can help with aching shoulders and tension headaches and often leaves people feeling refreshed and clearer headed.

Usually a course of six sessions is offered after completing a consultation and where necessary obtaining permission from your consultant or GP. As the name suggests Complementary Therapies work alongside your current treatment and should never be regarded as an alternative to conventional medical treatment.

