

## **Complimentary therapies at the Isis Centre**

### **Acupuncture**

Acupuncture has been practised in the Far East for several thousand years. Treatment is carried out by inserting fine needles into the points which lie on the meridians, bringing energy to where it is needed, and dispersing it from where it is congested and stuck, thus helping to restore balance to mind, body and spirit.

### **Aromatherapy**

Aromatherapy combines the use of essential plant oils with massage. After an initial in-depth consultation is made, oils are mixed specifically to suit the needs of the individual client. The combination of essential oils and massage improves many conditions and is especially beneficial in the treatment of depression and stress-related disorders.

### **Hypnotherapy**

This can be helpful in treating a wide range of stress-related symptoms such as anxiety, depression and panic attacks.

### **Reflexology**

Reflexology is a technique used to stimulate the body's own healing force, through foot massage. It often proves to be very effective at helping with stress-related problems, also in clearing toxins from the body. Most people find reflexology to be a very relaxing experience.

### **Relaxation**

The benefits of relaxation therapy are that it relieves anxiety and stress. Deep relaxation creates rest that is often deeper than that obtained in sleep and so helps to dissolve built up stress, anxiety, and tension, creating a feeling of well being, inner calmness and peace.

### **Shiatsu**

In Japanese Shiatsu means finger pressure. Pressure is applied to various parts of the body which corresponds with points and energy lines used in acupuncture, which is why Shiatsu became popularly known in the west by the term "acupressure".

Shiatsu affects all levels of our being, treatment is attuned to the individual's needs. The practitioner may give advice on diet, exercise and lifestyle, encouraging self-understanding. Shiatsu is used on the body as a whole, and is undertaken in loose fitting clothes, preferably cotton clothing.