

Complementary Therapies & Counselling Factsheet

The following therapies are all available from Lakeland Balancing ACT on their relaxing weekends in the Lake District:

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The Lakeland Balancing ACT Team

All our therapists are members of their respective professional body and carry full public liability insurance.



Ann Blair MIGHT



Caroline Bickerton MBACP (Accred)



Jen Musgrave MIGHT

Aromatherapy

Aromatherapy is the application of essential oils to provide a sense of well-being and balance in body and mind. Its effect can be relaxing, stimulating or invigorating.

Essential oils were used by the ancient Greeks, Chinese, Indians, Romans and in particular the Egyptians. They perfected the use of essential oils for bathing, massage and embalming.

Essential oils are the aromatic constituents found in plants. They are derived from all parts of the plant - flowers, leaves, wood, bark, fruit and roots. Each oil has its own medicinal and other properties. There are approximately 300 essential oils in general use today.

Carrier oils are used to dilute the essential oils which are too concentrated to be used directly on the skin. They also provide lubrication for the therapist's hands to allow free movement over the skin.

A whole body massage with oils specially selected for you. These therapeutic oils are absorbed through the skin and work on any areas of need - whether due to stiff muscles or anxiety!

Benefits

- A calm and soothed mind
- Relief of stress and tension
- Improved blood and lymph circulation



Ayurvedic Bolus Treatment

Used in conjunction with Ayurvedic massage and Deep Tissue Massage, a bolus of medicated powder is used with hot oil to release stress and tension in muscles.

Benefits

- Relief of painful muscles
- Deeply relaxing
- A very different massage technique



See also Ayurvedic Massage and Deep Tissue Massage



Ayurvedic Massage

Ayurveda is a Sanskrit word which translates as “The Science of Life”. It is a comprehensive medical system which has been practised in India and other countries for more than 5,000 years. Ayurveda encompasses body, mind and spirit, emphasising maintenance of good health and balance through diet, lifestyle, herbs and positive thinking.



It uses 100% natural oils and herbs specially blended in India for their therapeutic properties. The oil is used warm, which is comforting and penetrates the skin well.

Relaxing and balancing Ayurvedic principles hold that each person has a particular pattern of energy - a unique combination of physical, mental and emotional characteristics known as doshas. The doshas determine your capacity for health and also govern the way you respond to the world around you. By understanding how to create and maintain harmony of body, mind and consciousness according to one's own dosha, Ayurveda can counterbalance the factors that disturb the balance of the doshas.

Massage techniques work on Marma points, which are the pressure points of the body. Massage of the marma points can help achieve electrochemical balance in the body and thus balance the doshas.

An Ayurvedic Indian Head Massage can also be given.

Benefits

- brings the individuals doshas into balance
- works towards harmony by revitalising or calming
- works on the Marma pressure points



Counselling

Sometimes you may hear the phrase ‘Psychological Therapy’ or ‘Talking Therapy’. These are ways of describing the offering of emotional support to someone who may be depressed or unhappy in a way they cannot sort out for themselves and where the help of another person is needed.

A relationship between client and counsellor is different from that of a friend or member of your family. The counsellor does not know you personally or have any other involvement in your life. People go to see a counsellor for a variety of reasons and they may only meet for a short time or over several months. Counselling is most likely to help if a person wants to explore feelings and change their behaviour.

Counselling (continued)

Counselling is a special relationship between 2 people over a given period of time and creates a safe place to explore and think about what is worrying you or what does not feel right in life.

Therapists are trained to listen attentively and to help you find your own answers, they are non judgemental and respect for the person is an important part of the counselling relationship.

There are many different types of training and styles of therapy but the most important factor is the relationship that is established between the people involved and the trust and confidence that is built up.



Life in the 21st century can be hectic and stressful with pressures at home and work and in our personal lives that can lead to anxiety and depression. Many people say they have nobody to confide in when feeling low. A counsellor provides a safe and confidential situation to explore and discuss your feelings.

Benefits

- the opportunity to step back from the rush of everyday pressures and consider yourself and your life
 - to think through any changes you want to make with a person who will be non judgemental
 - to 'offload' past troubles that have been hidden away and let them go
- What are the benefits?



Crystal Healing

Everything in the Universe is composed of energy. Everything is connected by energy. Crystals are energy vibrating at different speeds.

Crystals come in many sizes, shapes and colours. Some crystals are organic, created through biological processes. Some are inorganic, created through the forces of nature. Some are even created in the laboratory.



The atoms of crystals are arranged in immensely precise, repeating patterns and as a consequence of those inner patterns, they have an outer pattern that is in some way a reflection of the inner.

Crystals used as tools for healing almost always refer to crystals formed in the natural world of the mineral Kingdom.

Crystal Healing (continued)

There are no 'right and wrong' crystals for different conditions. Each person will have a unique relationship with different crystals and often the therapist will work intuitively to use the crystals best suited to the individual.



Benefits

- promotes relaxation of tight muscles
- increases circulation and nutrition to the muscles and tendons
- targets problem areas
- maybe useful following strains and injury



Deep Tissue Massage

Deep Tissue Massage is usually applied to large muscle groups, working more deeply into the tissues and muscles. It can be incorporated into other types of massage, such as Aromatherapy, but less oil is used during the massage.

Benefits

- helps promote relaxation of tight muscles
- increases circulation and nutrition to the muscles, tendons and ligaments

What happens during a treatment?

- removal of top clothing is necessary to allow the therapist to assess the condition of the muscles



Hopi Ear Candling

Ear candles have been used by many native peoples over the years. There is evidence of their use by native peoples in Siberia, Asia and by the North and South American Indians.

The Hopi, the oldest Pueblo people brought the candles over to Europe. The candles are carefully made from beeswax and honey together with herbs like sage, camomile and other essential oils.



Hopi Ear Candling (continued)

Benefits

The treatment itself is a relaxing experience as the candles feel warm and soothing. The lighted candle has a light suction effect and the movement of the flame sets off a gentle vibration which in turn works on the ear drum.

There is a feeling of warmth and a balancing of air pressure. This may help with sinus problems, headaches, ear-ache. It may help improve breathing through the nose and the sense of taste and smell.

What happens during a treatment?

The therapist gently holds a lighted candle in one ear. After the candle has burnt down to about two thirds of it's length it is removed and the process is repeated with the other ear. Then there is a gentle massage of the face and sinus areas.

There are some contra-indications to ear candling and so the therapist should always discuss your medical history with you before giving a treatment.

Most people find the ear-candling treatment a warm and relaxing experience.



Indian Head Massage

This type of massage is handed down from generation to generation in Indian families. Over here the techniques have been adapted so therapists can receive training. The therapist works on the upper back, shoulders, arms, neck, scalp and face. Usually oils are used but it can be done without.

Benefits

- ~ Helps with stiff shoulders and neck
- ~ Increases oxygen to the muscles and brain
- ~ Stimulates the lymph flow and helps get rid of toxins
- ~ Good for hair growth and a healthy scalp
- ~ It can help with: eye strain, jaw ache, migraine, trouble with sleeping, blocked sinuses, jaw tension

Psychological effects

- ~ Gives a feeling of calmness
- ~ Improves concentration
- ~ Releases anxiety
- ~ Helps to relieve mental tiredness, edginess

Indian Head Massage (continued)

Subtle effects

- Balances energy in the chakras, especially the brow and crown chakra.
- Encourages the body to heal itself

IHM is great for people who do close work (studying, working on computers, watching interpreters, lip-reading).

After a treatment drink extra water.



Lymphatic Drainage Massage

The Lymphatic system is an important part of our immune system. The special technique encourages the flow of lymph throughout the body.

Benefits

- Drains fluid from tissue spaces, cells and blood, cleans it up and returns it to the blood circulatory system
- Encourages the flow of lymph throughout the body
- Reduces tiredness and fatigue by removing toxins
- Boosts the immune system



Reflexology



Reflexology dates back to ancient China and Egypt . It involves massaging and pressure on reflex areas that are found all over the feet (and hands and ears).

Each reflex relates to a part of the body. The left foot represents the left side of the body and the right foot the right side.

Dr William Fitzgerald (an ENT consultant) was one of the first doctors in modern times to explore how pressure on the feet can link to other organs. He divided the body into 10 longitudinal zones. There is a flow of energy up and down these zones and by massaging the reflex points energy is freed and can flow.

Reflexology (continued)

Benefits

- You will feel good!
- Your mind and body will have deep relaxation
- Toxins will be released, allowing energy to flow and healing to take place
- All your systems will be balanced and stimulated

What happens during a treatment?

In the first session there will be a discussion to find out brief details of your medical history. If you are receiving medical treatment or have certain conditions, it may be necessary to tell your doctor.

At the start of a session there is a general foot massage - this relaxes both you and your feet. The therapist will use foot balm or powder to enable hands to move easily.



The therapist will follow a routine working on both feet. All the major systems of the body will be covered. Gentle but firm pressure is applied to reflex points. Gradually a picture of the feet is built up and any areas of imbalance will be observed. For further work a note will be kept of tender spots or where crystals can be felt. Extra attention will be paid to any area of the body where you have a problem. If your sinus is sore for example then there will be extra work on the toes.

Reflexology is a gentle way of helping the body achieve balance. It can help with relaxation and stress. Relaxation helps the body to heal itself and so can help with many medical conditions. However reflexology is not a medical treatment and should never replace seeing your own doctor.

How does reflexology feel?

Most people find it very relaxing. Some go to sleep, others stay in a comfortable state somewhere between being asleep and awake. The body is being allowed to wind down and rest. Healing is thus encouraged. There will be some tender spots especially at the start but this is soon over.

Don't feel embarrassed about having your feet worked on. Reflexologists have great respect for feet and are fascinated by them. If by any chance it is not possible to work on the feet then hands or even ears can be used.

What happens after a treatment?

You may have some reaction after the treatment as the body starts to get rid of toxins that have built up. You should drink plenty of fluid. For the next 24 hours your body will be balancing itself so don't be concerned if you have a slight headache, have to visit the 'loo' more than usual - you may feel a little tired or you may be full of energy. Be easy on yourself as this is normal and very positive. You should soon feel the benefits.

Reflexology (continued)

How many sessions?

It is a good idea to start with four to six treatments and then one every month or so to keep in balance.

If you have a chronic, ongoing condition you may find reflexology very comforting and positive. Reflexology can be used in all sorts of situations from pregnancy to care for the very ill, from skeletal problems to heart problems, stress and anxiety to menstrual problems.

Vertical Reflexology

Vertical reflexology is a powerful technique that is given to the client in a standing position. It involves working on reflexes on the top of the feet, the hands and zonal triggers.

The treatment can be shorter which works well in some situations (eg if treatments are being given in a work setting or it can be combined with conventional reflexology which is given sitting or lying down. Self help techniques can also be taught.

Reflexology combines well with energy balancing such as Reiki. Working together leads to a deeper relaxation.



Reiki



Reiki is a simple but powerful technique. It is an ancient Tibetan art of healing through touch. It was rediscovered towards the end of the nineteenth century by Dr Mikao Usui, a Japanese scholar and theologian.

Dr Usui spent his life searching to understand healing. He studied the great masters and healers of the Past. Eventually he found what he was looking for in ancient Sanskrit texts and received enlightenment during a period of fasting and meditation. He dedicated the rest of his life to its practise and teaching.

'Reiki' is a Japanese word. 'REI' means universal life- giving and 'KI means energy.

We receive energy from all around us - when energy is flowing we feel strong and confident and when it is blocked and low we are easily tired and prone to sickness. Reiki increases the natural flow of energy.

Benefits

- ~ Reiki energy works on different levels, where-ever needed
- ~ It gives mind and body deep relaxation and release of tension
- ~ Toxins will be released, allowing the energy to flow and healing to take place
- ~ It brings your energy systems into balance

Reiki (continued)

Regular Reiki can help you stay in balance and can help to boost the immune system. It is not a medical treatment but it can be used to complement other medical treatment. Often Reiki can help with long term problems that do not respond well to medical treatment.

What happens during a treatment?

A treatment is usually between an hour and an hour and a half. Reiki is given with the recipient lying down or sitting in a chair, fully clothed and usually covered by a blanket. The whole body can be treated with a series of hand positions and the person usually experienced a feeling of warmth and deep relaxation and may even nod off to sleep.



The energy gently works to release blockages at all levels in our beings, whether physical, mental or emotional. Stress and tension is released and a feeling of well being and deep relaxation is the result. The Reiki therapists channels Universal Life Force Energy and helps activate the body's own natural ability to heal. Each position is held for several minutes - there is no pressure, sometimes the hands are held just above the body, sometimes lightly touching. Energy flows to where ever it is needed. Tingling may be felt, or warmth or even cold.

A series of sessions is advised if the person has a long -standing condition. A normally fit person might like to have a regular monthly session to boost energy, balance the Chakra system and treat the body to some deep relaxation. Reiki is one way of looking after your-self. It can be combined with other therapies.

Are there any after effects?

You may experience a 'healing reaction' as the body adjusts after a treatment. This could be a feeling of drowsiness, a slight headache, a release of tension, the need to pass urine or have more frequent bowel movements. It's the body's way of cleansing itself and these effects soon pass off. The positive effects of re- balancing can be very subtle.

Drink plenty of water after a treatment, as it helps the body release toxins that have built up.



Relaxing Massage



The therapist works to relax muscles, get rid of knots and tension and help muscles stay supple and smooth.

Benefits

- ~ relaxation
- ~ increased circulation
- ~ ideal for all and can be very gentle for the frailer person

Sound Therapy

All sound is vibration and the therapist uses her voice instead of her hands to bring about change.

This subtle but powerful therapy often surprises the recipient!

Benefits

- ~ Relaxing and soothing
- ~ Brings in positive energy, clears the auric field.
- ~ Can be used fully clothed
- ~ Works subtly to bring about balance
- ~ Does not involve touch



Yoga Therapy



A traditional discipline working with the body, breath, mind and spirit. Very helpful for working on specific areas of the body and improving breathing and balance.

Benefits

- ~ A programme of yoga postures that are just for you.
- ~ Can be used in a remedial way after surgery or injury
- ~ Balancing physically and emotionally

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