

Complementary therapies for people with cancer or a blood condition

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Complementary therapies can support your physical and emotional wellbeing during and after treatment. They may help you manage side effects and cope with the impact of your condition. These therapies can help you to:

- feel relaxed
- reduce stress, anxiety, nausea, fatigue or physical tension
- improve your mood
- improve your sleep.

We currently offer the following therapies.

[Aromatherapy](#) ▾

[Massage](#) ▾

[Reiki](#) ▲

Reiki can help you feel deeply relaxed and calm. You can either sit or lie down to have reiki. You will be fully clothed during the session. While you relax, the therapist will use gentle touch either on or above your body. The therapist's hands will remain still, with no movement or pressure. The peaceful stillness can give you a sense of calm that can benefit your overall wellbeing.



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