

# CancerCare services



Your local cancer support service

## Psychological therapies

- Counselling
- Hypnotherapy
- Expressive arts
- Children's services

## Complementary therapies

- Alexander Technique
- Aromatherapy
- Massage
- Yoga

## Social and creative group activities

- Art
- Craft
- Jewellery
- Woodwork

## Self-support groups

- Art friendship
- Swimming
- Walking
- Breast care

## Additional services

- Social day care
- Drop-ins
- Information and literature
- Transport
- Legal/financial advice service

*If you would like information on any of the above, please contact CancerCare. We will be pleased to help.*

## SLYNEDALES

Slyne Road, Lancaster LA2 6ST

**Tel: 01524 381820**  
(24-hour answering service)

**Fax: 01524 845040**

## LAKES CENTRE

Blackhall Road, Kendal LA9 4BT

**Tel: 01539 735800**  
(24-hour answering service)

**Fax: 01539 728628**

Email: [admin@cancercare.org.uk](mailto:admin@cancercare.org.uk)  
[www.cancercare.org.uk](http://www.cancercare.org.uk)



The Queen's Golden Jubilee Award  
for voluntary service by groups in the community



Your local cancer support service

# AROMATHERAPY



Registered Charity No. 516830

Patron: Lady Shuttleworth

## What we offer at CancerCare

CancerCare provides support and information, free of charge, for people affected by cancer in North Lancashire and South Cumbria.

You may be a cancer patient, a carer, a family member, or have lost someone through cancer.

We offer a range of psychological, complementary and creative therapies, as well as social group activities.

You can find out more about our therapies, and ask for a referral, either from a health professional working with you (for instance your GP, Nurse, or consultant), or by contacting us directly.

Following referral we will offer you a chance to have a first meeting with one of our therapists. They will help to clarify your needs and to agree with you which therapy or group may be best for you.

If you decide that you want to go ahead, we will then ask a therapist to contact you to arrange some sessions, or to invite you to join a group.

Usually a specific number of sessions will be agreed at your first meeting, and this will be reviewed with your therapist as things progress. You may want to try different therapies as your needs change.

*All of our therapy services are offered by professional and experienced practitioners.*

## AROMATHERAPY

### What is it?

Aromatherapy is the therapeutic use of essential oils extracted from aromatic plants, flowers, fruits, herbs, grasses and trees.

These natural oils are very concentrated and must be diluted into a base oil such as sweet almond. They can then be applied to the body using massage, which assists the essential oils to penetrate the skin and can have both physical and psychological benefits.

### What does it involve?

The first consultation is aimed at establishing the particular needs of each client and how aromatherapy could be most helpful. This involves taking a case history and selecting an individual blend of oils.

It's important to receive a massage in the position that is most comfortable for you: it can be applied to an area as small as a hand or foot, or as large as the back. Whether this is sitting or lying down will be worked out with your therapist. It's best to come in loose, comfortable clothing, some of which may need to be taken off.

### How long does it take?

Each session lasts up to an hour. The number of sessions varies according to individual needs.

“ I didn't realise what aromatherapy could do for my self-esteem. ”



### What are the benefits?

*Aromatherapy can help to:*

- reduce anxiety
- ease symptoms such as nausea and poor sleep patterns
- aid and promote deep relaxation
- relieve muscle tension
- improve circulation of blood and lymphatic drainage.

### What clients say...

“ Aromatherapy has helped me to realise where I carry stress, and to relieve built-up stress. ”

“ You touched my body, but more importantly you touched me, and helped to make the unbearable bearable. ”

“ I haven't slept so well for ages. ”