



**PERTH & KINROSS COUNCIL
HOUSING & COMMUNITY CARE**

**COMPLEMENTARY THERAPY
APPROVED PROVIDER LIST**

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DESCRIPTION OF THERAPIES OFFERED

Therapy	Description
Acupressure Massage	Acupressure Massage – Fully clothed technique giving on a specifically designed chair.
Aromatherapy Massage*	<p>Aromatherapy is the use of volatile plant oils for preventative care, healing and general physical well-being. Although the term aromatherapy was not used until the 20th Century, the foundations of <i>Aromatherapy</i> date back thousands of years and can be traced back through to ancient <i>Roman, Greek, Egyptian</i> and <i>Chinese</i> cultures.</p> <p>Essential oils can be used in different ways, including <i>massage, bathing</i> and <i>inhalation</i>. When essential oils are inhaled, olfactory receptor cells are stimulated and the impulse is transmitted to the emotional centre of the brain, or “limbic system”. The properties of the oil, the fragrance and its effects, determine stimulation of these systems. When used in massage, essential oils are not only inhaled, but absorbed through the skin as well. They penetrate the tissues and find their way into the bloodstream where they are transported to the organs and systems of the body. Different oils are thought to act on the body in different ways, having a relaxing, energizing, calming or uplifting effect.</p> <p>Popular because of its non-invasive nature, aromatherapy is used for a wide range of health problems such as <i>anxiety, stress, insomnia, anxiety</i> and <i>stress</i> related conditions. Many people find it useful in treating <i>arthritic</i> and <i>rheumatoid pain, headaches, and pre-menstrual tension</i>.</p>
Back, neck and shoulder massage	Designed to relax and ease tension in the areas of the body where muscle problems most often occur. It will help to combat the stress of every day life.
Craniosacral Therapy*	<p>Craniosacral therapy is a gentle, hands-on method of treatment, which involves a practitioner applying very light touch to the body (usually no greater than 5 grams) to evaluate and enhance the functioning of a body system called the Craniosacral system. The Craniosacral system comprises the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord, extending from the skull down to the tailbone. The practitioner’s goal is to release restrictions in this system to improve the functioning of the central nervous system. Please note that although Craniosacral therapy is related to cranial osteopathy, Craniosacral practitioners are not trained as osteopaths.</p> <p>Treatment is carried out with the patient fully dressed and in a relaxed position.</p>
Foot and Hand Massage	Using a choice of oils, a gentle, soothing massage of the feet, ankles and lower legs and hands.

Therapy	Description
Hot Stone Massage	Hot Stones Massage incorporates the use of hot basalt stones. The heat of the stones warms the skin which encourages deeper relaxation of the muscles and allows for the absorption of moisturizing and therapeutic oils. Benefits include increased local circulation, improved blood flow to surrounding tissues and provides greater ability for the body to transport toxins and waste products from it.
Indian Head Massage	Is an accepted therapy for releasing tension and improving the circulation. Unavoidable physical and emotional stress occurring in our daily lives results in the tightening of the scalp and neck muscles. When stress and tension from the scalp, neck and shoulder area are released, one experiences immense relaxation and a feeling of wellbeing is felt within the entire body.
Massage	Massage is a well documented therapy and is performed by making various stroking types of movements on the body. It is very useful for improving blood and oxygen supply and removing toxins and wastes, as well as being extremely relaxing.
Reflexology*	Reflexology is a soothing therapy that aims to encourage the body to relax and work naturally to restore its own balance. Reflexology is based on the belief that all parts of the body are reflected in the feet and hands and by massaging and applying gentle pressure to these areas, it is hoped to have an effect on the corresponding part of the body and thus restore balance.
Reiki*	Reiki (pronounced ray-key) is a Japanese form of healing developed in the early part of the twentieth century that has become popular worldwide. Reiki incorporates elements of other alternative healing practices such as spiritual healing, aromatherapy, auras, crystals, chakra balancing, homeopathy, meditation and naturopathy. It involves the transfer of energy from practitioner to patient to enhance the body's natural ability to heal itself through the balancing of energy. Reiki uses specific techniques for restoring and balancing the natural life force energy within the body. Reiki therapy has several basic effects: it brings about deep relaxation, destroys energy blockages, detoxifies the system, provides new vitality in the form of healing life energy, and increases the vibrational frequency of the body. Reiki can be used for many ailments such as reducing anxiety and stress, relieving pain, headaches, stomach upsets, back problems, respiratory problems, PMT, menstrual problems and sinus problems.

Therapy	Description
Relaxation therapy / Stress Management	Relaxation Therapy helps by reducing tiredness caused by constant tension and relaxes the muscles which cause bodily discomfort such as backache. During Relaxation Therapy people will also learn different relaxation techniques to help them through times of stress and anxiety. Almost everyone is familiar with feeling 'stressed', under pressure or powerless to deal with all the demands that life throws our way. Stress Management is beneficial as it helps people identify what causes them stress, how they can deal with and reduce their stress levels. A combination of Relaxation Therapy and Stress Management is possible and works really
Remedial Massage	Provides assessment and treatment aimed at a specific complaint. Can include soft tissue and mobilisation techniques.
Swedish Massage	Swedish Massage involves a variety of techniques, which have been around since ancient times, effective in inducing relaxation, re-energising or stimulating. Easing stress is important as this is the cause of most disease. This may involve the use of aromatic oils and/or relaxation techniques. Working with the body to rid it of accumulating toxins can have amazing results on many chronic conditions. Bodies like sameness and patterns so future massages build on each other with wonderful effects.

Complementary Therapy Approved Provider List

Name	Address	Contact Details	Therapies Offered
Ms Shona Adam	Elementals 36B Friar Street PERTH PH2 OED	Tel: 01738 445432 Email: shona.holistichobbit@virgin.net Web: www.elementalsholisticliving.co.uk	<ul style="list-style-type: none"> • Shiatsu Massage
Ms Susan Anderson	New Beginnings Ethiebeaton High Street Errol Perth PH2 7QE (may cover Dunked if sufficient demand)	Tel: 01821 642110 Email: susan.a@talktalk.net Web: www.susan-newbeginnings.co.uk	<ul style="list-style-type: none"> • Aromatherapy (back) • Aromatherapy (full body) • Aromatherapy (facial) • Indian Head Massage • Reflexology • Reiki • Swedish Back and Full Body
Mrs Wanda Band	32 King Street PERTH PH2 8JB	Tel: 01738 440946 Email: wanda.band@btinternet.com	<ul style="list-style-type: none"> • Reflexology

Name	Address	Contact Details	Therapies Offered
Mrs Irma Brown	Consultancy for Change 50 Isla Road LUNCARTY PH1 3HN	Tel: 01738 829293 Mobile: 07709864479 Email: info@irmabrown.com Web: www.irmabrown.com	<ul style="list-style-type: none"> • Reiki • Relaxation Therapy • Stress Management
Amanda Deards	Perth Aromatherapy & Massage 54 Rose Crescent PERTH PH1 1NT	Tel: 01738 449840 Mobile: 07930 431757 Email: amanda.deards@gmail.com Web: www.pertharomatherapyandmassage.co.uk	<ul style="list-style-type: none"> • Indian Head Massage
Mrs Julie Garland	The Beauty Room 3 The Avenue Ardargie FORGANDENNY PH2 9QS	Tel: 01738 812 534 Mobile: 07561 473 337 Email: julie.garland@virgin.net	<ul style="list-style-type: none"> • Aromatherapy Massage • Back, neck & shoulder massage • Reflexology
Ms Rhona Gethins	10 St Marys Drive PERTH PH2 7BY	Tel: 01738 624917 Mob: 07904 976 273 Email: rhonagethins@btinternet.com Website: www.hypnosis-perth.co.uk	<ul style="list-style-type: none"> • Reiki • Crystal Hand Reflexology
Miss Rae Lamond	9 Hall Crescent Burrelton BLAIRGOWRIE PH13 9NR	Tel: 01828 670728 Mobile: 07940131904 Email: raelamond@btinternet.com	<ul style="list-style-type: none"> • Swedish Massage • Remedial and Sports Massage

Name	Address	Contact Details	Therapies Offered
Ms Pauline McIntyre	29B South William Street PERTH PH2 8LS	Tel: 01738 445610 Mobile: 07732916520 Email: newhorizon@hotmail.co.uk	<ul style="list-style-type: none"> • Indian Head Massage • Remedial • Swedish Massage • Acupressure On-site Massage • Massage • Back, Neck and Shoulder Massage • Foot and Hand Massage
Mrs Corrine McNae	Hale and Hearty 16 Huntingtower Crescent PERTH PH1 2LQ	Tel: 01738 635382 Mobile: 07958576747 Email: c.mcnae@blueyonder.co.uk	<ul style="list-style-type: none"> • Swedish Massage • Indian Head Massage
Mrs Ann Parsliffe	7 Duppinn Terrace PERTH PH2 7DG	Tel: 01738 633498 Mobile: 07825881518	<ul style="list-style-type: none"> • Reflexology • Indian Head Massage
Miss Lesley Quinn	Lesley Quinn Beauty Therapy Accentto 64 Tay Street PERTH PH2 8NN	Tel: 01738 444422 Mobile: 07917696960 Email: lesleyquinn@hotmail.com	<ul style="list-style-type: none"> • Craniosacral therapy • Massage

Name	Address	Contact Details	Therapies Offered
Ms Alison Robb	Hielan Hands 26 Murray Place PITLOCHRY PH16 5EE	Tel: 01796 473063 Mobile: 07504488873 Email: nosila20032003@yahoo.co.uk Web: www.hielanhands.co.uk	<ul style="list-style-type: none"> • Reflexology • Foot & hand massage • Aromatherapy massage
Mrs Katie Russell	KT's 13 Den Park ABERNETHY PH2 9JF	Tel: 01738 850859 Mobile: 07745375210 Email: katie.russell40@hotmail.co.uk	<ul style="list-style-type: none"> • Swedish Massage • Reflexology
Mrs Penny Thomas	Wellbeing Massage 62 Commissioner Street Off King Street CRIEFF PH7 3AY	Tel: 01764 656441 Mobile: 07958789876 Email: pthomastherapies@aol.com Web: www.wellbeingmassages.co.uk	<ul style="list-style-type: none"> • Swedish Massage • Seated Acupressure Massage