

## D. Complementary Therapies

Resource	Contact Details
<p><b>Healing</b> Intention of restoring balance and of promoting a sense of calm, relaxation and wellbeing</p>	<p><b>Mustard Tree, Derriford Hospital:</b> Monday to Friday from 9am to 5pm 01752 430060/431468 <b>Kingsbridge:</b> Tuesdays 10am to 4pm 01548 852349 <b>Liskeard:</b> Thursdays 10am to 4pm 01579 373500 <b>Tavistock:</b> Fridays 10am to 4pm 01822 615935</p> <p><i>* an appointment is needed for this therapy</i></p>
<p><b>Craniosacral Therapy</b> A gentle “hands on” therapy which releases restrictions in the soft tissues that surround the central nervous system</p>	<p><b>Mustard Tree, Derriford Hospital:</b> Monday to Friday from 9am to 5pm 01752 430060/431468 <b>Kingsbridge:</b> Tuesdays 10am to 4pm 01548 852349 <b>Liskeard:</b> Thursdays 10am to 4pm 01579 373500 <b>Tavistock:</b> Fridays 10am to 4pm 01822 615935</p> <p><i>* an appointment is needed for this therapy</i></p>
<p><b>Massage</b> A gentle non invasive massage technique is used to release tension and aid relaxation of the muscles</p>	<p><b>Mustard Tree, Derriford Hospital:</b> Monday to Friday from 9am to 5pm 01752 430060/431468 <b>Kingsbridge:</b> Tuesdays 10am to 4pm 01548 852349 <b>Liskeard:</b> Thursdays 10am to 4pm 01579 373500 <b>Tavistock:</b> Fridays 10am to 4pm 01822 615935</p> <p><i>* an appointment is needed for this therapy</i></p>
<p><b>Reflexology</b> A gentle method using specific light pressure techniques on precise reflex points of the feet or hands to allow energy flow to all areas of the body</p>	<p><b>Mustard Tree, Derriford Hospital:</b> Monday to Friday from 9am to 5pm 01752 430060/431468 <b>Kingsbridge:</b> Tuesdays 10am to 4pm 01548 852349 <b>Liskeard:</b> Thursdays 10am to 4pm 01579 373500 <b>Tavistock:</b> Fridays 10am to 4pm 01822 615935</p> <p><i>* an appointment is needed for this therapy</i></p>
<p><b>Hand Massage</b> A gentle light massage technique</p>	<p><b>Mustard Tree, Derriford Hospital:</b> Monday to Friday from 9am to 5pm 01752 430060/431468 <b>Kingsbridge:</b> Tuesdays 10am to 4pm 01548 852349 <b>Liskeard:</b> Thursdays 10am to 4pm 01579 373500 <b>Tavistock:</b> Fridays 10am to 4pm 01822 615935</p> <p><i>* available at the Mustard Tree and various Out-reach Centres without appointment</i></p>
<p><b>Alexander Technique</b> A process that was created to retrain habitual patterns of movement and posture</p>	<p><b>Mustard Tree, Derriford Hospital:</b> Monday to Friday from 9am to 5pm 01752 430060/431468 <b>Kingsbridge:</b> Tuesdays 10am to 4pm 01548 852349 <b>Liskeard:</b> Thursdays 10am to 4pm 01579 373500 <b>Tavistock:</b> Fridays 10am to 4pm 01822 615935</p> <p><i>* available at the Mustard Tree and various Out-reach Centres without appointment</i></p>