



Complementary & Integrated Therapies

Therapies offered at Early Break



Early Break offer a number of complementary and integrated therapies to support the emotional health & wellbeing of children, young people and families

Complementary and Integrated Therapies are a group of diagnostic and therapeutic disciplines that are used as a stand-alone treatment or together with orthodox medicine (Integrated), for example massage for relaxation or the use of acupuncture in addition to Advocacy work to help deal with stress and manage emotions.

All complementary and integrated therapies offered by Early Break are delivered by fully qualified practitioners. The health and safety of all who attend therapy sessions is paramount. The following gives you an insight into each therapy offered. However, if you have any questions about any of the therapies, please get in touch with us on 0161 723 3880 or email us at info@earlybreak.co.uk - thank you.

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Aromatherapy

Aromatherapy aims to treat the whole person by helping to balance mind, body and spirit. It works with essential oils which come from plants and is said to improve both physical and emotional wellbeing. Aromatherapy oils are often used with massage (also known as aromatherapy massage). The oils can also be inhaled (breathed in).

At Early Break, a list of oils has been researched and chosen with properties specifically related to the client. After a full consultation, the therapist will carefully select a small number of essential oils to suit the client's needs. These oils are blended with a Grapeseed oil before being massaged into the skin.



Auricular Acupuncture & Acupressure

Auricular acupuncture is a standard therapy offered by Early Break's Complementary and Integrated Therapy provision (5 points only).

Acupuncture is a therapy that can be beneficial to all users as it is a very calming therapy.

The more acupuncture therapy sessions that are given, the better the results, although relaxation and calm can be obtained immediately from one session.

After acupuncture therapy it is possible to place a small "seed" on the ear, also known as acupressure. This little ball is placed on the inside of the ear, on one of the acupuncture points, out of sight and helps to maintain a feeling of calm for a couple of days. It can be pressed by the client to improve this feeling.



Body Massage

Massage (muscle rubbing) is a general term which includes Swedish massage which is what is provided at Early Break. This can be on the hands and arms, the feet, or the back (on therapy bed or therapy chair). The client remains fully clothed – a lightweight t-shirt is recommended.

The massage therapist may use oil, cream, talc or wax during the massage, rubbed in to the skin. Benefits are to help nourish the skin and allow a fluid, free-flowing massage. The body responds to massage in two main ways. Firstly, there's a physical effect on the body: e.g. massage may reduce muscle stiffness or increase joint mobility. Then, there are psychological benefits too – such as feelings of relaxation and improved wellbeing. Overall, a massage helps to relax and unwind, which makes it an ideal antidote to stress.

Early Break's Therapy offers

0161 723 3880

info@earlybreak.co.uk



Indian Head Massage

Indian Head Massage is a massage therapy that works specifically on the area surrounding the head, scalp, face and neck, extending to the shoulders and upper back.

The client will be invited to take a seat and relax on a low backed chair as it is mainly the head, face, neck, upper back and shoulders that are being worked on. Oils are optional in Indian head massage. The client remains fully clothed – a lightweight t-shirt is recommended.



Reiki

Reiki is a non-invasive therapy, said to use natural energy flow for health and wellbeing. It can be used on the whole body or a specific area.

During a Reiki treatment the client remains fully clothed and either lie in a treatment couch or be seated on a chair.

The therapist may gently place their hands on the client's body or hover over the body for a few minutes before changing position. There may be a feeling of warmth, tingling or deep relaxation. It is said to help re-balance the whole person in mind, body and spirit.



Reflexology [feet & hands]

Reflexology is a relaxing treatment based on the principle that reflex points on the soles, tops and sides of the feet and hands correspond to areas throughout the body. In this way the feet & hands can be seen as a map of the body.

Reflexologists work on the reflex points with their thumbs, fingers or knuckles, using specialised massage techniques thought to help correct imbalances throughout the body.

During a reflexology treatment the client remains fully clothed, simply removing the shoes and socks for access to the feet or roll up sleeves for access to hands. The client is invited to relax on a reclining chair, treatment couch or to put feet onto a foot stool. The feet or hands will be cleansed at the start of the treatment and then reflexology techniques will be used, adapted to the client's needs.

Get in touch

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Aftercare

Some people experience after effects of the treatment they have received; these are normal reactions. The symptoms can be uncomfortable at the time and usually pass after 24 hours. Your body is working to remove toxins from your system and the treatment you have had will speed up this process.

Typical after effects may include tiredness, muscular aches and pains, going to the toilet more often, changed sleep patterns and/or headaches.

To make sure you get the most from your treatment, please follow the steps below.

- Drink plenty of water- this helps the body remove toxins
- Eat light meals, avoid heavy, stodgy food
- Relax and rest as much as possible
- Don't sunbathe or use sunbeds if the treatment included the use of oils
- Avoid or reduce the use of caffeine, tobacco, alcohol and other substances

If your symptoms have not stopped after 24 hours they may be due to something else and the you may want to dial 111 or seek medical advice from your GP.

If you have any queries, questions or concerns about any of the therapies offered, please get in touch with us and a practitioner will come back to you as soon as possible.

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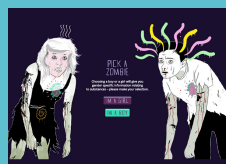
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If you would like to make a donation to our charity now, please click [HERE](#) to be redirected to our website where your donation will be gratefully received and valued (<https://earlybreak.co.uk/donate>)

info@earlybreak.co.uk
T: 0161 723 3880
F: 0161 723 5544

Early Break
Annara House
7-9 Bury Road
Radcliffe
M26 2UG

earlybreak.co.uk



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