

Massage

Face-to-face

A full body massage with unscented oil, which is relaxing to receive and can help with muscle tension, stress relief and boosting wellbeing.

Naturopathic Nutrition

ON HOLD

This therapy stresses the use of whole and organic foods as medicine – choosing chemical-free foods, along with other dietary measures, can be helpful for many health complaints and common conditions. There is a focus on the physiological and biochemical processes involved in nourishment, and on identifying ways to promote health and wellbeing and help prevent disease. Naturopathic Nutrition is the practice of nutrition within the context of naturopathic medicine. It incorporates respect for the traditional naturopathic approach to nutritional therapy.

Reflexology

Face-to-face

This therapy works through the feet, as every part of the body has a corresponding part in the foot, known as a reflex. By applying gentle pressure to these areas with thumbs and fingers, the therapist aims to bring the body back into harmony.

Reiki

Face-to-face

Meaning “Universal Life Force”. The treatment uses this universal energy to balance and heal. Reiki works on an emotional level, as well as releasing physical blockages. You will lie fully clothed while the therapist places her hands in a series of non-invasive positions on the body. Feelings of warmth, tingling, and calm may be felt.



Complementary Therapies

24 Trinity Church Gate, Wakefield, WF1 1TX

Telephone: 01924 211114

Email: info@wellwomenwakefield.org.uk

All of the complementary therapies work holistically, which means they treat you as a whole person - emotionally, mentally, and physically - rather than concentrating on a single symptom, assisting you in achieving wellness.

So if you are looking to boost your wellbeing, want help with an ongoing health issue, or you're just curious, why not give it a go? We are happy to talk to you and help you choose the most appropriate therapy.



for women, by women

Complementary Therapies

As part of our commitment to making complementary therapies available to all women, we offer four free sessions to those living within the Wakefield District.

Complementary Therapies treatments are subject to a waiting list.

Once you have completed your four sessions, we ask that you wait 12 weeks before applying to go on the list again, in order to keep waiting times manageable.

All sessions are booked for an hour, though your therapy may take slightly less than this.

Homeopathy appointments are currently carried out by telephone, all other appointments are carried out face to face.

We will ask you to complete a COVID health check questionnaire before each face-to-face appointment, and request that you wear a face covering to attend unless you are unable to do so.

How To Book

Contact us on the phone number or email address on the first page.

Day and evening appointments are available.

Therapies available:

Aromatherapy

Face-to-face

A full body massage with essential oils, blended specifically for you to help uplift, soothe, calm and relax, as well as help directly with a range of emotional and physical problems. During the massage the oils are absorbed into the body through the skin and nose, and remain in the system for several hours.

Bowen Technique

OH HOLD

A system of muscle and connective tissue therapy developed in Australia. During the treatment, Bowen Techniques send signals via the body's nervous system at specific locations on muscles, tendons, ligaments or nerves, which aim to trigger the body's ability to heal itself. This is a light touch therapy and relaxing to receive.

Homeopathy—including remedies

Telephone

A natural form of medicine, which is used to stimulate the body's own ability to heal. Following a detailed consultation with the homeopath, you will be prescribed a remedy to suit your individual mental, emotional, and physical state. The remedies are all natural, completely safe and non-toxic.

Indian Head Massage

Face-to-face

Based on the Ayurvedic system of healing from India. The head, neck, and shoulders are massaged with a range of deep kneading and compression movements, and the pressure points of the face are gently stimulated. The aim of the therapy is to release stress that has accumulated in the muscles tissue, and joints.