

# **Massage for people living with Cancer**

## **Integrating Warm Stone Therapy, Reflexology with Comfort oriented touch**

The premise of this approach is the use of **comfort-oriented touch** for people in treatment for or recovering from cancer. Integrating warm stone therapy along with reflexology supports the client's body during and after treatment.

**Warm stone therapy** utilizes the energy channels or meridians of the body to access specific organs that may be affected by illness or disease. This type of bodywork has a high priority of lending support to the major organs of the body.

The impact of chemotherapy and radiation often has multiple side effects. On-going organ support is helpful in diminishing the symptoms caused by cancer treatment. Each stone is gently applied to specific acupressure points which allow access to different organs of the body.

Another way of accessing the different organs of the body is through **foot reflexology**. Reflexology is a holistic healing technique ~ the term holistic is derived from the Greek word *holos* which means whole ~ and as such aims to treat the individual as an entity integrating body, mind and spirit. Foot reflexology is a specific pressure technique which works on the precise reflex points on the feet ~ thus causing physiological changes to stimulate the body's own healing potential.

Often times cancer patients cannot receive massage for various reasons. Offering a very gentle touch in combination with working the reflex zones with acupressure, warm stones and reflexology; the client's body is well supported and nourished.

Without a doubt, a cancer diagnosis and treatment cause emotional suffering.

Offering comfort-oriented touch with loving presence is key to a supportive and nourishing experience. Touch is vital to cancer patient's health and well-being and massage is a proven way to receive the benefits.

**Kathy's intention is to offer each client a safe and non-judgmental place where they can receive comfort, nourishment and feel the presence of Love.**

**Giving care through touch is vital to each and every cancer patient.**

**Hands that know the art of touch as anointing and treat the body as sacrament will never be without work. Massage as the art of anointing is a vocation, a call to loving work through our hands. If our hands are prayers, then touching another person as in massage is indeed an embodied way of praying our care for another person.**

~Mary Ann Finch