



Standard Approved Provider List



Complementary
Therapy Vouchers



We are delighted that you have now received your complementary therapy vouchers.

Your assessing Worker has recommended that you would benefit from a course of 6 free complementary therapy sessions from one of the qualified therapists approved by PKAVS & PKC.

As a carer you lead a busy, demanding and stressful life and your own health can suffer because of this. Complementary Therapies help you relax and look after yourself which is often beneficial for the cared-for person as well as for you

This booklet contains:

- **An explanation of how to use your vouchers & FAQs**
- **A brief description of the therapies offered**
- **The contact details for all approved providers.**

To view the most up to date list of therapists please visit:

www.pkavs.org.uk/carers/adult-carers/info-support/short-breaks/complementary-therapy-vouchers/

If you require a paper copy of the APL, please drop us an email and we can arrange for you to collect one from the Carers Centre reception at Lewis Place.

Please note the list is constantly changing and if this is a printed list, it may well hold incorrect therapist details.

It is up to you which therapy you decide to use, and any questions you may have about the therapies are best answered by contacting the therapist or counsellor who delivers the treatment.

You do not have to use all your vouchers with the same therapist. You should feel free to use your vouchers to try different therapies/therapists if you wish, but, please ensure that you use your vouchers in numerical order.

All of our approved providers will be happy to discuss with you what their therapy entails, what they believe the benefits to be, and whether it seems to be the right choice for you. They will also advise you how the treatment will be delivered e.g. sitting or lying down; fully or partially clothed.

We hope that you will use and enjoy your therapy sessions.

We value your feedback so if you would like to speak to anyone at PKAVS about how therapies have worked for you, or if you would like to make a suggestion for future improvement please contact:

Carers Therapies, PKAVS Carers Hub, Lewis Place, Perth, PH1 3BD
01738 567076, option 2
Carertherapies@pkavs.org.uk

“Many therapists aim to “treat the whole person” and believe that complementary therapy brings physical, mental, emotional and spiritual benefits that are not found in Western medical practice.

There is some evidence that the relaxation and sense of wellbeing that a course of complementary therapies can bring, regardless of any other benefits that may accrue, are beneficial to people who are leading stressful and tiring lives, such as unpaid carers.”

How to use your vouchers

I've received my vouchers, how do I use them?

Read through this Approved Provider List (APL) and choose a therapist who offers a therapy that you'd like to try. Contact the therapist directly using the details provided to book an appointment.

All our therapists are happy to have a friendly chat about what each therapy entails, to give you a clear idea of what to expect prior to your appointment. Make sure you tell the therapist you have the Complementary Therapy Vouchers at the time of booking.

Do I have to pay the therapist?

*No! You have been given 6 vouchers these entitle you to 6 **free** therapy sessions (45 minutes long). Each time you go to your appointment you will need to take a voucher with you and give this to the therapist on arrival. You do not pay the therapist.*

Please note vouchers are not transferrable and only for use by the person named on the voucher. You should use your vouchers in number order ie 1, 2, 3 and so on.

Frequently Asked Questions

What should I expect at my first appointment?

When you telephone your chosen therapist to book your first appointment you can ask what to expect, what to wear, etc. and explain your own circumstances and health/medical issues such as any mobility problems, and whether you have any worries or reservations. The therapist will want you to be as comfortable as possible and will never force you to do anything you don't want. However, if, for example, a particular treatment requires that you lie on a couch and you find this difficult, explain this to the therapist. They will try to find a suitable alternative treatment or method of treatment that suits you better. Many therapies can be delivered to people seated rather than lying down and many do not require you to remove any clothing.

Is there an expiry date on my vouchers?

*Yes. All vouchers are valid for 12 months from the date of issue, the expiry date is printed on them. Try and use your vouchers as soon as possible, this is because the request for your vouchers is based on a recent Adult Carers Support Plan. **Vouchers must not be used after their expiry date.***

I need to cancel or re-schedule my appointment...

*It is your responsibility to let the therapist know in advance if you are unable to attend your appointment. The same rules apply if you need to re-schedule your appointment. You must give the therapist at least **48 hours' notice** so they can fill the slot with another client or carer.*

I've missed an appointment but didn't tell the therapist...

If an appointment is made and not kept (without sufficient notice and/or reason given to the therapist) then we reserve the right to use one of your complementary therapy vouchers in order to pay the therapist for the missed appointment.

Can I get more vouchers?

*If it has been a year since you were last issued vouchers you will need to contact your Assessing Worker or the Access Team (on **0345 30 111 20** or by email at AccessTeam@pkc.gov.uk) to request for an assessment. Alternatively, you can contact your Support Worker at PKAVS Carers Centre on **01738 567076** or by email at carershubadmin@pkavs.org.uk The need for the vouchers is based on the outcomes identified in an up-to-date or reviewed Adult Carers Support Plan.*

Therapies Offered

Please make sure you read these narratives closely to ensure that this is the therapy you'd like to try. Remember not all the vouchers issued need to be used for the same therapies. You can use your allocated vouchers to try various different therapies if you prefer.

Alexander Technique

The Alexander Technique is a skill to be learned. Teaching you how to change long-standing habits that cause unnecessary tension in everyday activities. Working with a teacher, you will learn how to recognize your usual reactions to the stresses of life and how to prevent them from interfering with balance, coordination and general well-being.

Aromatherapy massage

A type of massage therapy using highly concentrated plant oils, called essential oils, added to the massage oil or lotion.

Back, neck and shoulder massage

Back, neck and shoulder massage involve applying pressure in these areas.

Bowen therapy

A non-invasive, complementary holistic therapy. It targets certain points on the body with gentle rolling movements to help it balance, repair and reset itself. Clients are believed to experience energy recovery, a reduction in pain and an improvement of function.

Craniosacral Therapy

Craniosacral Therapy is an exceptionally gentle yet extremely powerful form of treatment, which engages with the deepest inherent healing forces within the body in order to enable integration of the whole body-mind.

Facial massage

Using gentle pressure this massage is carried out on the face, neck and shoulder area (and can include the scalp too). The face has many muscles and massage this area can result in a great sense of relaxation, reducing tension.

Feldenkrais Method

The Feldenkrais Method takes advantage of the brain's innate ability to learn. Through the use of gentle, non-invasive touch and movement, the practitioner guides you to develop greater sensory awareness of how you move, exploring new possibilities for ease, comfort, and efficiency in your everyday life.

Flower Remedies

Is a gentle form of healing intended to treat the person as an individual. They come in the form of a tincture which can be taken directly on the tongue or in water. They are safe to take with any other medicines. Can safely be taken by children, babies and animals.

Foot and hand massage

A gentle and soothing massage of the feet, ankles and lower legs and hands with or without a choice of essential oils.

Hot stone massage

Hot Stone Massage uses smooth, heated stones. Some are placed onto specific points on the body (such as the back, hands, etc.) and others are held by the massage therapist and used to work the muscles.

Indian Head Massage

Indian head massage is a massage of the head, scalp, face, neck, shoulders and arms. The pressure points on the face are also gently stimulated and stroked.

Lomi Lomi Massage

A traditional Hawaiian massage that uses a combination of massage techniques. Working gently and deeply into the muscles with continuous, flowing strokes.

Myofascial Release Therapy

Fascia is a 3D web of strong connective tissue that surrounds and supports every other structure in the human body. This treatment uses slow, sustained movements to increase myofascial mobility and reduce pain within the musculoskeletal system

Oncology Massage

Designed to relieve the symptoms of radiotherapy and chemotherapy. This massage improves relaxation, sleep and digestion.

Massage

Massage involves applying different types and levels of pressure to different parts of the body including muscles, tendons, ligaments, skin, and joints.

Reflexology

Reflexology is a soothing and very relaxing 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 is a deeply relaxing therapy for body and mind, dissolves energy blocks, detoxes and increases energy levels. This takes place fully clothed on a treatment table with hands lightly placed on the body's main chakras, (energy centres) from head to toe.

Relaxation therapy

Relaxation therapies may use a variety of techniques such as guided meditation, breathing techniques and progressive muscle relaxation to achieve calmness and relaxation. Sessions can teach clients to use these techniques themselves to help them through times of stress and anxiety

Remedial and Sports Massage

Focus on targeting pain and increasing range of movement to help you feel and perform your best! Techniques used include advanced consultation skills and safety checks, assessment procedures to accurately identify conditions and injuries.

Seated Massage

Relax in a special comfortable chair fully clothed, while the therapist uses various massage techniques to release tension in the back, neck, shoulders, arms and head.

Shiatsu Massage

Shiatsu is a physical therapy which uses a combination of pressure points, gentle manipulation and stretching to re-energize weak areas and reduce tension in the body. It is given through clothes and can also be received on a treatment table or chair.

Swedish Massage

The therapist will apply oil or massage balm to whichever area of the body is being massaged to allow their hand to glide gently over the client applying pressure to stroke, knead and stretch the muscles to alleviate tension and reduce stress. This therapy can be gentle or deep depending on the individual.

Thai Foot and Hand Massage

Thai Massage involves hands on stretching and massage, along with the stimulation of the reflex points.

Warm Bamboo Massage

A therapeutic massage using heated bamboo canes. The canes are various lengths and diameters to roll, kneading and relaxing the muscles with deep tissue techniques.

Please note that this list is being constantly amended. To view the most up to date list of therapists please visit:

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Approved Provider Details

Name	Business Address	Contact Details	Therapies Offered
Monika Borkowska-Czub	Dream Catcher Massage Therapies PERTH [exact location given when booking.] Virtual therapies also available.	07743 325552 Monikaborkowska1987@gmail.com www.facebook.com/Dream-Catcher-Massage-Therapy-Monika-Borkowska-Czub	<ul style="list-style-type: none"> • Reflexology • Hot Stone Massage • Indian Head Massage • Holistic Massage • Aromatherapy • On-site Massage • Kinesio Taping • Self-massage technique
George Coltart	Millennium Hall Coupar Angus Road Birkhill DUNDEE DD2 5QE	07931 016598 george_coltart@hotmail.co.uk	<ul style="list-style-type: none"> • Alexander Technique
Gillian Dale	33 Brandywell Road Abernethy PERTH PH2 9GY	07742 876457 harmonyandflowtherapies@gmail.com	<ul style="list-style-type: none"> • Swedish massage • Hot stones with Swedish massage • Warm bamboo with Swedish massage
Darren Forbes-Kindlen	Movement Improvement Perth Yoga Studio, 6-7 Rose Terrace, Perth, PH1 5HA Ramada Wellness Centre, 49 York Place, Perth, PH2 8EH	07479 927649 darrenforbeskindlent@ymail.com www.movementimprovement.co.uk	Feldenkrais Method Functional Integration: A hands on, individualised lesson, tailored specifically to the needs and requests of the participant. A group class “ awareness Through Movement” is also available, In this class participants are verbally guided through a gentle series of movements designed to explore more efficient ways of moving. Call Darren for more.
Hayley Gardiner (not currently taking on new clients)	Lunan Massage Tailors Cottage Butterstone DUNKELD PH8 0HA	07908 532951 lunan.massage@gmail.com https://www.facebook.com/lunan.massage	<ul style="list-style-type: none"> • Swedish Massage • Deep Tissue Massage • Myofascial Release • Hot Stones Massage • Remedial and sports Massage • Oncology Massage

Beth Gibson	23 Bridgefauld Road Milnathort KY13 9XQ	07979 904227 bethanyg@hotmail.co.uk www.facebook.com/BethGibsonBeauty/	<ul style="list-style-type: none"> • Swedish Massage • Reflexology • Indian Head Massage • Hot Stone Massage • Aromatherapy • Sports Massage •
Lee-Anne Given	Leeanne's Holistic Therapies 28 High Street NEWBURGH KY14 6AQ	07849 325947 Leeannegiven1782@gmail.com www.facebook.com/leeannesholistictherapies/	<ul style="list-style-type: none"> • Back, Neck & Shoulder Massage • Back exfoliation & Massage • Treat for the feet • Traditional Head massage • Eye Taylor mini facial • Aromatherapy Massage (30 mins) • Hot Stones Massage (30 mins) • Skin smoothing salt rub (avoid if allergic to shellfish)
Harry and Andrea Holbrook	H2 Natural Health Fairwinds Hay Street ALYTH PH11 8DQ	07919 056142 H2@cooltide.plus.com www.h2naturalhealth.co.uk	<ul style="list-style-type: none"> • Massage (Back, Neck, Shoulder, Hand and Foot) • Reflexology • Relaxation and Stress Management • Hypnotherapy • Talking therapies (Via Zoom or Skype)
Susan Hyde	DUNKELD PH8 0JF At home service available.	07710 133386 enquiries@perthshirebowentherapy.co.uk www.perthshirebowentherapy.com www.facebook.com/perthshirebowentherapy	<ul style="list-style-type: none"> • Bowen Therapy
Pamela Johnstone	Vida Therapies 109 South Street, Unit C Perth PH2 8PA	07873 612020 www.vidatherapiesperth.com	<ul style="list-style-type: none"> • Massage Therapy • Aromatherapy • Deep Tissue Massage • Swedish Massage • Indian Head Massage • Hot Stone Massage • Lomi Lomi Massage • Warm Bamboo • Thai Foot Massage • Reflexology

Angela Lamont	Angela Lamont Hair and Beauty Unit 12b Ruthvenfield Grove PERTH PH1 3FN	07771 637235 angieb4beauty@hotmail.co.uk Please book using email or telephone only. www.angelalamonthairandbeauty.co.uk	<ul style="list-style-type: none"> • Swedish Massage • Facial Massage • Indian Head Massage • Holistic Facial
Sandra MacDonald	86 Cavendish Avenue PERTH PH2 0JU	01738 624160 Sandramacdonaldandskye@btopenworld.com	<ul style="list-style-type: none"> • Massage • Facial • Hot Stone Massage • Reiki • Indian Head Massage
Suzanne MacEachen	Westhill Farm House Haugh Road RATTRAY	07979 466958 Suzy_Barclay@yahoo.co.uk	<ul style="list-style-type: none"> • Reiki • Hot Stone Massage • Indian Head Massage • Sports Massage • Thai Foot Massage
Suzy McArthur <i>(previously at The Cutting Room)</i>	Beam and Beauty 44 Balvaird Avenue Scone PERTH PH2 6FH	beamandbeauty@mail.co.uk (preferred) https://beamandbeauty.co.uk 07711 375144 Parking available on driveway, access to treatment room has no steps.	<ul style="list-style-type: none"> • Facial • Indian Head Massage • Swedish Back, Neck & Shoulder Massage
Lynn McCourtney	The Beauty Room 62 Preston Watson Street ERROL PH2 7UR	01821 642783 07729 888963 Lynnmcc64@aol.com	<ul style="list-style-type: none"> • Aromatherapy Massage • Hand and Foot Massage • Indian Head Massage • Relaxing Facial and massage • Swedish Massage
Lynne McDonald	L McDonald Therapies 1 Braeside Gardens PERTH PH1 1DB	01738 564328 07793 730758 info@lynne-mcdonald.co.uk www.lynne-mcdonald.co.uk	<ul style="list-style-type: none"> • Aromatherapy Massage • Indian Head Massage • Reflexology • Reiki

Louise McHenry	Flowerdene Holistic Therapies Flowerdene Cottage Greenbank Road GLENFARG PH2 9NW	07586 856579 LouiseCrawford1973@icloud.com https:// flowerdene-holistic-therapiescouk.square.site	<ul style="list-style-type: none"> • Aromatherapy • Reflexology • Indian Head Massage • Oncology Massage
Aileen McLachlan	The Natural Clinic 4 Comrie Street CRIEFF PH7 4AX	07546 712827 aileenstherapy@gmail.com	<ul style="list-style-type: none"> • Reflexology • Ayurvedic Facial Massage • Indian Head Massage
Rosemary McLean	At home service	01382 688535 07926 086705 rosemaryemclean56@gmail.com	<ul style="list-style-type: none"> • Holistic Massage • Reflexology • Indian Head Massage • Reiki • Facial Skin Care • Online Meditation & Self-massage hand/foot (via Zoom)
Janice Parker	Jan Parker Therapies Clathry CRIEFF PH7 3PH	07776 238812 hello@janparkertherapies.co.uk www.janparkertherapies.co.uk	<ul style="list-style-type: none"> • Light Touch Reflexology • Cognitive Behavioural Hypnotherapy
Samantha Rix	SJ Therapies Breadalbane Terrace ABERFELDY PH15 2AG	07563 862808 sam@sjtherapies.com www.sjtherapies.com	<ul style="list-style-type: none"> • Indian Head Massage • Holistic Upper Back/ Shoulders Massage • Reflexology • Hypnotherapy • Life coaching for Mindset support
Diane Rogers	Beauty by Diane Business Unit 4 62 The Muir's KINROSS KY13 8AU	07845 564729 dianerogers555@yahoo.com	<ul style="list-style-type: none"> • Aromatherapy • Full Body Massage • Back, Neck and Shoulder Massage • Reflexology • Hot Stone Massage • Pregnancy Massage
Katie Seivwright	KT's 6 Nethy Place ABERNETHY PH2 9GZ	07745 375210 katieseivwright05@outlook.com	<ul style="list-style-type: none"> • Swedish Full Body Massage • Massage - Back, Neck and Shoulder; Foot and Hand; Warm bamboo • Facial Massage (can include head) • Reflexology • Specialist Cancer Massage • Reiki

Catherine Smart	At home service Group sessions may be available, please call to enquire.	07870 412607 Tuppence0@gmail.com www.flowerrelaxationtherapy.blogspot.com	<ul style="list-style-type: none"> • Relaxation therapy. <p>Aims to enhance wellbeing, improve sleep and increase resilience to stress.</p> <p>Loose, comfortable clothing required.</p>
Kirstie Smith	At home service in Crieff, Comrie, Auchterarder, Perth and surrounding areas.	07986 229038 good_chi@hotmail.co.uk www.goodchi.co.uk	<ul style="list-style-type: none"> • Reflexology: Hand and Foot • Reflexology: Oncology • Reiki • Bio-energy Healing
Pauline Tanbini	'Expressive Canvas' 5 Toutie Street ALYTH PH11 8PB	07786 063827 paulinetanbini@hotmail.com	<ul style="list-style-type: none"> • Reiki • Champissage (Head, Neck and Shoulder Massage) • Relaxation via Zoom (include visualisation and self-massage)
Gillian Wilkinson	Etive Naemoor Road CROOK OF DEVON KY13 0UH	07450 958529 gillian@rowantreetherapies.uk www.rowantreetherapies.uk	<ul style="list-style-type: none"> • Hand and Foot Reflexology
Justine Williams	21 Hunterhall Place ST MADDOES PH2 7TZ	07702 014787 bibajw@hotmail.com	<ul style="list-style-type: none"> • Reflexology • Aromatherapy • Indian Head Massage • Lava Shell Massage • Stone Therapy Massage • Swedish Deep Tissue & Sports Massage

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