



Archers Brook

Targeting success

Dear Parent/Carer

Holistic Therapy

As part of our continuing development at Archers Brook SEMH Residential School we now have a member of staff who has Diplomas in Holistic Therapies offering Holistic treatments including Indian head massage, Reflexology and Aromatherapy.

Indian Head Massage is a massage of the scalp, neck and face incorporating gentle pressure points to relax and de-stress, this is done through the pupils clothing.

Reflexology is a relaxing massage of the feet using pressure points to help balance and soothe providing a deeply relaxing treatment.

Upper Back Massage Working over a t shirt alleviating aches and pains in the neck and shoulders.

Aromatherapy Oils are steam diffused in the therapy room during treatments to create a pleasant relaxing atmosphere.

During these treatments pupils will have the choice of having warm balsalt stones incorporated into their treatments.

Warm stone therapy offers extra relaxation during the treatment and helps the muscles to relax quickly and safely.

All of these treatments offer many positive benefits and information explaining more about the therapies and their different benefits can be found on the schools website.

All treatment options are discussed with the pupil at the start of every Holistic Therapy session to ensure all treatments are tailor made for the individual pupils comfort and sensory requirements.

If you would like your child to benefit from these treatments, please fill in the consent form and tick the boxes of the treatments you would like your child to receive.

Yours sincerely

Dee Gibbs
Holistic Therapist

Archers Brook SEMH Residential School

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Headteacher: S J Myers-Whittaker



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I give permission for my son/daughter to have the following treatments (please tick)

- Reflexology
- Indian Head Massage
- Warm Stone Therapy
- Neck and Shoulder Massage (see additional sheet)

Parent/Carer

Child's Name

Date

Additional Comments

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Together, we're Well Connected.