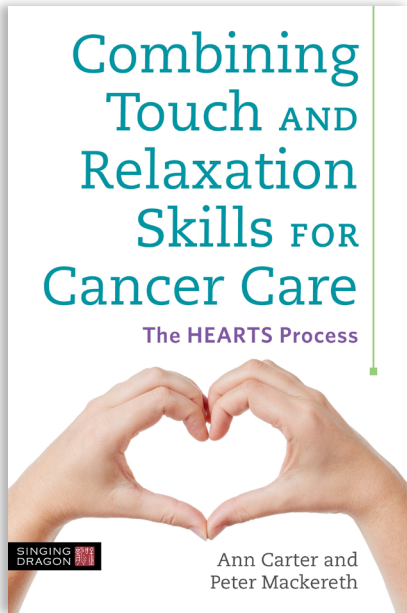




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**A multisensory approach to facilitating relaxation in cancer care using aromatherapy, touch and voice**

Massage, aromatherapy, reflexology and a variety of relaxation techniques are frequently used in hospices, supportive care settings and some hospitals. However, there are still gaps and limitations in the choices offered to patients. HEARTS (Hands-on, Empathy, Aromas, Relaxation, Textures, Sound) was devised to bridge this gap for complementary therapists, patients, carers and health care professionals. HEARTS can be used either on its own, or integrated with a conventional complementary therapy. It can also be used easily by health care workers (and carers) who are not qualified in any therapies.

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