

Available Services at Mondays with SOUL RYEDERS

MASSAGE

Each oncology massage session is customized to the unique and changing needs of someone going through cancer treatment. Our therapists are experienced in dealing with treatment side-effects and contraindications and great care is taken to ensure that the client is comfortable. Sessions can be done clothed if preferred and also in a seated position if lying down is uncomfortable.

LYMPHATIC DRAINAGE

Manual lymphatic drainage (MLD) is a manual therapy which stimulates free flow of lymph through the tissues. When lymph vessels and lymph nodes are damaged or absent because of surgery and/or radiation treatment, MLD reduces local swelling by redirecting lymph to intact drainage areas. MLD is a gentle, relaxing treatment that can reduce pain, increase range of motion and foster healing of tissues.

WIGS & HAIR

Try on pre-selected wigs with the help of one of our volunteer Client Coordinators from The Wig Exchange. Other available hair services include wig cleaning, trimming & styling; pre-chemo haircuts; post-chemo hair trimming.

MAKEUP APPLICATION

Makeup tips and techniques with special emphasis on eyebrows, eyelashes and improved skin coloring during treatment.

MANICURE

Filing, shaping and polishing of the fingernails without any manipulation of the cuticles. Please note that we do not remove gel polish.

ACUPRESSURE

Gentle hand and thumb pressure applied to acupuncture points on the body. As well as being very relaxing, it can also help manage anxiety, fatigue, nausea, headaches, neuropathy pain and lymphedema. Acupressure is generally done through clothing.

REIKI

Reiki is a spiritual healing technique which is facilitated by light touch. It activates the natural healing process to restore physical and emotional well-being. Reiki helps decrease stress, balance the body's energy and promotes healing. All you have to do is relax and breathe.

REFLEXOLOGY

A therapy involving the application of gentle pressure to specific points on the feet and hands, with the premise that those points correspond to different organs and glands in the body. Following a reflexology session, most people feel very relaxed and many report that it helps with their chemo-induced neuropathy.