

Introduction to Complementary Therapies

The term 'complementary therapy' covers a wide range of different treatments that can be used alongside, or as an alternative to, conventional medicine. They can be used when treating ailments ranging from IBS to pain management as well as promoting mood and wellbeing.

What are the most common types of complementary therapy?

Some of the most commonly used therapies are

- [Acupuncture](#)
 - [Aromatherapy](#)
 - [Chiropractic](#)
 - [Homeopathy](#)
 - [Hypnotherapy](#)
 - [Mindfulness](#)
 - [Reflexology](#)
 - [Reiki](#)
 - [Shiatsu](#)
-

How do I choose a therapist?

All complementary therapists should be properly trained and qualified, just like your GP is. However, some sectors are not regulated, so it is possible for someone to practice complementary medicine without the appropriate training. The information that we have provided on each of the different therapies contains details of a regulating body, where one is available. You should always make sure that your therapist has the necessary qualifications before undergoing any form of treatment. Visit the [British Complementary Medical Association](#) website for further details.

Please see the related organisations on the right of this page for more information on organisations that can help you find a therapist near you.

Some GPs and community staff practice complementary therapy and they may be able to offer you this at the surgery. If not, they may be able to recommend services elsewhere.. Ask your GP for further information.

[NICE](#) offers limited recommendations on complementary therapies.

Please note – The content on this website is provided for general information only, and should not be treated as a substitute for the medical advice of your own doctor or any other health care professional. If you are feeling unwell, make an appointment to see your GP or contact [NHS 111](#) In an emergency, dial **999**.

Last updated: May 20, 2021

Useful Organisations

British Acupuncture Council

Email: info@acupuncture.org.uk

Website: www.acupuncture.org.uk

Telephone: 020 8735 0400

Address: 63 Jeddo Road, W12 9HQ

Homeopathy UK

Email: info@britishhomeopathic.org

Website: www.britishhomeopathic.org/

Telephone: 0203 640 5903

Address: CAN MEZZANINE, N1 6AH

Aromatherapy Council

Email: info@aromatherapycouncil.org.uk

Website: www.aromatherapycouncil.org

Telephone: 0203 640 5903

British Reflexology Association

Email: bra@britreflex.co.uk

Website: www.britreflex.co.uk

Telephone: 0333 772 9217

Address: Administration Office, CM14 5DJ

Shiatsu Society UK

Email: office@shiatsusociety.org

Website: www.shiatsusociety.org

Telephone: 01788 547 900

Address: 20 - 22 Wenlock Road, N1 7GU

British Wheel of Yoga

Email: office@bwy.org.uk

Website: www.bwy.org.uk

Telephone: 01529 306 851

Address: 25 Jermyn Street, NG34 7RU

The Chronic Pain Management Service – Newcastle Hospitals

Website: <http://www.nhs.uk/Services/hospitals/Services/Service/DefaultView.aspx?id=94214>

Telephone: 0191 445 6319

Address: The Chronic Pain Management Service, NE1 4LP

NHS 111

Website: www.nhs.uk/111

Telephone: 0191 445 6319

Therapy Directory

Email: info@therapy-directory.org.uk

Website: <http://www.therapy-directory.org.uk>

Telephone: 0333 325 2505

Address: Building 3, GU15 3YL

NHS

Website: www.nhs.uk

Telephone: 0333 325 2505

NICE (the National Institute for Health and Clinical Excellence)

Email: nice@nice.org.uk

Website: <https://www.nice.org.uk/>

Telephone: 0300 323 0140

Wellness Centre Newcastle

Email: info@wellnesscentrenewcastle.co.uk

Website: <http://newcastlewellnesscentre.co.uk/>

Telephone: 0191 243 1216

Address: 2 Highfield Road, NE5 5HS

Association of Reflexologists

Email: info@aor.org.uk

Website: www.aor.org.uk/

Telephone: 01823 351 010

Address: Victoria House, TA1 3FA

Related Articles

[Your Doctor or GP](#)

[Cancer](#)

[Acupuncture](#)

[Aromatherapy](#)

[Chiropractic Therapy](#)

[Homeopathy](#)

[Reflexology](#)

[Reiki](#)

[Shiatsu](#)

[Hypnotherapy](#)

[Chronic pain](#)

[10 Tips for good health](#)