**Acupressure** is a technique similar in principle to acupuncture. It is based on the concept of life energy which flows through "meridians" in the body. In treatment, physical pressure is applied to acupuncture points with the aim of clearing blockages in these meridians. Pressure may be applied by hand, by elbow, or with various devices.

**Acupuncture** is a technique where thin needles are inserted into the body. It is a key component of traditional Chinese medicine (TCM). It is most often used for pain relief.

**Apitherapy** uses honey bee products including honey, pollen bee bread, propolis, royal jelly and bee venom.

**Aromatherapy** uses plant materials and aromatic plant oils, including essential oils, and other aroma compounds for improving psychological or physical well-being.

**Auriculotherapy**, **ear acupuncture**, is based on the idea that the ear is a microsystem which reflects the entire body, represented on the auricle, the outer portion of the ear.

**Bach flower remedies** (**BFRs**) are solutions of brandy and water—the water containing extreme dilutions of flower material. Bach claimed that dew found on flower petals retains healing properties of that plant.Its aim is to treat emotional affections.

**Balneotherapy** is the treatment of disease by bathing, usually practiced at spas. Mineral water or mineral mud are mainly used.

**Chiropractic** is concerned with the diagnosis and treatment of unverified mechanical disorders of the musculoskeletal system, especially the spine. The technique involves manual therapy, especially spinal manipulation therapy (SMT), manipulations of joints and soft tissues.

**Chromotherapy**, sometimes called **color therapy**, is the use of light in the form of colour to balance "energy" lacking from a person's body, whether it be on physical, emotional, spiritual, or mental levels.

**Cupping therapy** is a technique where a local suction is created on the skin. Through suction, the skin is drawn into the glass or bamboo cup by creating a vacuum in the cup placed on the skin over the targeted area.

**Ear candling** is believed to improve general health and well-being by lighting one end of a hollow candle and placing the other end in the ear canal. The aim is to help remove earwax or toxins.

**Equine-assisted therapy** (**EAT**) is a range of medical treatments that includes activities with horses and other equines to promote physical and mental health.

**Herbalism** (also **herbal medicine** or **phytotherapy**) is the use of plants intended for medicinal purposes or for supplementing a diet.

**Homeopathy** is a system based on the doctrine of *like cures like*, a claim that a substance that causes the symptoms of a disease in healthy people would cure similar symptoms in sick people.The effective substances are used in an extremely dilute form and minimal doses.

**Hydrotherapy**, also called **water cure**, involves the use of water for pain relief and treatment. The method takes advantage of the physical properties of water, such as temperature and pressure.

**Hypnotherapy** is an alternative curative healing method that is used to create subconscious change in a patient in the form of new responses, thoughts, attitudes, behaviours or feelings.

**Iridology** (also known as iridodiagnosis) is a technique whose proponents claim that patterns, colors, and other characteristics of the iris can be examined to determine information about a patient's systemic health. Practitioners match their observations to *iris charts,* which divide the iris into zones that correspond to specific parts of the human body.

**Meditation** – the term refers to a broad variety of practices that include techniques designed to promote relaxation, build internal energy or life force.

**Qigong**, **qi gong**, (literally: "Life Energy Cultivation") is a holistic system of coordinated body posture and movement, breathing, and meditation used for health, spirituality, and martial arts training. Qigong is traditionally viewed as a practice to cultivate and balance qi (chi), translated as "life energy".

**Reflexology**, also known as **zone therapy**, involves application of pressure to the feet and hands. It is based on a system of zones and reflex areas that purportedly reflect an image of the body on the feet and hands, with the premise that such work effects a physical change to the body.

**Reiki** is a form of alternative medicine originating in Japan. Reiki practitioners use a technique called *palm healing* or *hands-on healing* through which a “universal energy” is allegedly transferred through the palms of the practitioner to the patient in order to encourage emotional or physical healing.

**Shiatsu** is a form of Japanese bodywork. The techniques include massages with fingers, thumbs, feet and palms; assisted stretching; and joint manipulation and mobilization.

**Traditional Chinese medicine** (**TCM**) comprises 2,500 years of Chinese medical practice that includes various forms of herbal medicine, acupuncture, massage, exercise (qigong), and dietary therapy.

**Urine therapy** refers to various applications of human urine for medicinal or cosmetic purposes, including drinking of one´s own urine and massaging one's skin, or gums, with one's own urine.

**Zootherapy** is the diagnosis or treatment of medical conditions using animals or animal products. Some therapies, such as pet therapy, rely only on the presence of an animal to affect a result in the patient. Other therapies, such as leech or maggot therapies, use the animal to perform a medically beneficial procedure. A few zootherapies use animal venom to treat disease.

Horses and dolphins are sometimes used with children’s zootherapy.