

Good Stuff That Offers Alternative Comfort for Folks With Cancer

These complementary approaches and products can help you cope with cancer-related side effects.

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You don't have to be a licensed masseuse to give someone a massage. With a gift card from Spafinder, you can treat a loved one with cancer to a relaxing, reinvigorating massage and other wellness services, such as facials and yoga classes. Available in digital and printed form on [Spafinder.com](https://www.spafinder.com), the gift cards allow recipients to choose from a network of participating spas and salons. The site also offers health and wellness products, including massage and body oils.

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People undergoing cancer treatment can benefit from products that soothe and restore dry,

irritated skin caused by radiation and chemotherapy. Lindi Skin's dermatologist-tested [Fight Back Pack](#) (\$40) is a starter kit for those with sensitive or compromised skin. The pack contains sample sizes of body lotion, body wash, face moisturizer, two face serums, soothing balm and face wash. Lindi Skin products are clinically tested and made in the United States.

Lindi Skin's dermatologist-tested Fight Back Pack

Studies show that exercise can alleviate cancer treatment side effects such as fatigue, depression and brain fog and reduce the risk of cancer recurrence. (See "[Mind-Body Paths to Managing Cancer Pain](#).") If you're living with breast cancer, check out [BeACTIVE](#), an exercise program on YouTube designed to help people like you improve cardiovascular health and reduce pain. Developed by certified cancer exercise trainer Sami Mansfield in collaboration with Living Beyond Breast Cancer, the three-week series requires minimal equipment and covers full body function, core, balance and more.

BeACTive, an exercise program on YouTubeHand and phone: IStock

Peripheral neuropathy, a type of nerve damage, is a common side effect of chemotherapy that usually affects the hands and feet, causing uncomfortable numbness and painful tingling. (See Basics: Neuropathy Pain.) Cooling gloves and socks worn during chemo may help prevent the onset of peripheral neuropathy. They can also provide cooling relief during and after treatment. The [Healthy Hands Hand Ice Pack Wrap](#) (\$35) stays cold for up to three hours and comes with four flexible, reusable ice packs. [NEWGO Hand Ice Pack Gloves](#) (\$24) offer relief with a soft-knit, tear-resistant exterior and cooling gel interior. For hand and foot comfort, the multilayer design of the [Warrior Sisters' Ice Gloves & Socks for Chemo Set](#) (\$45) traps cold and prevents direct ice-to-skin contact.

Warrior Sisters' Ice Gloves & Socks for Chemo Set

Some people with peripheral neuropathy find relief with lidocaine, an over-the-counter numbing medicine available as patches, creams, gels and sprays that's found in brands such as Aspercreme and Bengay.

