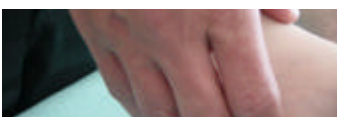
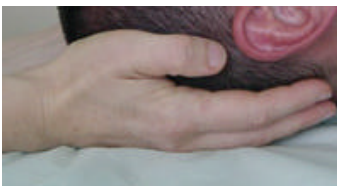
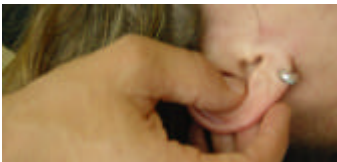


# Craniosacral therapy - for all ages

Because craniosacral therapy is gentle and non-invasive, it is particularly well suited to people at both ends of the age spectrum - **infants** and young children, and the **elderly**. These people are often precluded from other treatments because of their age, physical vulnerability or state of health.

Craniosacral therapy does not involve the use of any drugs, anaesthetics or medical procedures which often require that a person is at a certain level of fitness, development or strength. It is therefore available to **anyone**, at any age.

Elderly clients find that craniosacral therapy relieves many of the symptoms of **getting old**: aches and pains, back problems, headaches, sleep problems and digestion. Many people use craniosacral therapy as a **preventative** therapy - keeping them in a good state of health when they might otherwise become run down or ill.



Craniosacral sessions are also particularly effective when used on **young children**. It's often the case that an infant is upset and unwell, but diagnosis and treatment can become very difficult. Using craniosacral therapy, an infant's body can be encouraged to heal itself naturally, without any invasive tests or treatments. Most importantly, the infant will not become irritated by repeated intervention.

