

# Common objections answered

***I'm already having another form of treatment for this.***

Craniosacral therapy is a gentle and natural therapy which triggers the body's natural healing systems. If you are already having treatment elsewhere, that's fine. You can use craniosacral therapy to complement whatever else you are doing to improve your health - to speed things up.



***It's too expensive - it's a luxury.***  
Actually, it's very well priced for the results which may be achieved. Generally, you will pay between £25 and £45 pounds per session, but you may also see results relatively rapidly.

***I can't be sure that it will work.***

We never provide absolute guarantees, as everyone is different. But talk to your craniosacral therapist about what to expect and about results achieved for clients with similar problems in the past. You may be surprised ...

***I haven't got time.***

Using craniosacral therapy will give you the gift of time - by bringing your health back up to optimum levels.

***I don't understand how it works.***

That doesn't mean that it won't work. Ask your practitioner: they will be happy to explain some of the basics of craniosacral therapy to you in simple terms, or point you in the right direction.

***It's not scientific.***

While there are relatively few formal studies into the effectiveness of craniosacral therapy, thousands of people worldwide are using and benefiting from the treatment.

