

What is craniosacral therapy?

Craniosacral therapy is **natural, safe and effective**: using light touch to encourage the body to heal itself. It is an **alternative therapy** which is being used by an increasing number of people in the United Kingdom and all over the world to improve and maintain their health.



Craniosacral therapy is based around the **gentle and natural** motion of fluids which surround the brain (inside the cranium) and spine (which ends at the sacrum), but which influence the **whole body**. It is a non-invasive therapy: during a typical session, there is no manipulation and massage, and only very gentle pressure applied to the body.

Craniosacral therapy is used to treat many **commonly occurring** health complaints and conditions. It is particularly well known for helping people with back pain, stress or emotional problems, headaches and migraines, and birth trauma. But it is also highly effective as a general therapy to help people feel well and get back "in balance".



Qualified craniosacral therapists around the world help clients of **all ages**, from new-borns to elderly, to achieve better health and feel better.

Note: it is not head massage

