

What is it like to have a craniosacral therapy session?

Most people who experience craniosacral therapy will tell you that it is **extremely pleasant**. Many would say it is **blissful**.



Before you start, your therapist will take **your case history** and ask you questions about the **specific ailments** which are bothering you. You will then be asked to **lie down**, fully clothed, with your shoes off. Your therapist will then start giving craniosacral therapy by **touching you very lightly** on different parts of your body. This may last for up to 90 minutes, although most sessions are 45 to 60 minutes long.



Craniosacral therapy is **different for everyone**. You may feel heat, tingling sensations, gentle pulsing, a feeling of increased gravity or a sense of profound meditation and relaxation.



... but the best way to find out more is to **try it out yourself!**

