

What is Craniosacral Therapy and how can it help my clients??

Craniosacral Therapy is a subtle, hands-on technique that works with the body's natural rhythms to release tension, reduce pain, and promote deep relaxation. By gently balancing the craniosacral system—the membranes and fluid surrounding your brain and spinal cord—CST supports your body's innate ability to heal and maintain health.

- **Relieves Chronic Pain:** CST helps alleviate headaches, migraines, TMJ disorders, Fibromyalgia, back and neck pain and much more.
- **Enhances Relaxation:** Activates your parasympathetic nervous system, leading to deep, restorative relaxation.
- **Orthopedic Problems:** Scoliosis and other structural imbalances
- **Improves Emotional Well-Being such as Post traumatic Stress:** Releases emotional tension stored in the body and promotes a sense of inner calm.
- **Boosts Your Immune System:** By enhancing lymphatic flow and circulation, CST supports your body's defense mechanisms.
- **Chronic Fatigue:** Helps with chronic problems such as chronic fatigue
- **Supports Recovery:** Whether it's recovering from an injury, surgery, or stress, CST offers gentle support to accelerate your healing process.
- **And so much more!**

Ideal for:

- **Stress & Anxiety Relief**
- **Chronic Pain Management**
- **Post-Surgery or Injury Recovery**
- **Migraines & Headaches**
- **Sleep Disorders**
- **And so much more!**

How Does It Work?

During a session, you'll lie comfortably while our skilled therapist uses gentle touch to assess and enhance the movement of cerebrospinal fluid. The treatment is deeply relaxing and can lead to powerful shifts in both physical and emotional well-being.

Experience the gentle power of Craniosacral Therapy—because your body deserves to heal naturally.