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What is Craniosacral Therapy?

Craniosacral Therapy is a very gentle hands-on technique used to encourage calming of the nervous system and tissues. The craniosacral system includes the brain, spinal cord and surrounding tissues, all bathed in cerebrospinal fluid.

This system is a semi-hydraulic pump, from the brain to and from the sacrum at the end of the spine. Variable rhythms of the CSF can be observed, monitored and regulated, encouraging the body to relax and heal.

Craniosacral Therapy facilitates an improved resting state for muscles, tissues and the nervous system. Improving the fluid nutrition in the brain and spine helps to increase energy and mobility. Craniosacral therapy helps to promote healing from the inside out, leading to significant improvements in all aspects of life.

Who can benefit from Craniosacral Therapy?

Craniosacral Therapy is beneficial for a variety of clients, from 'Welcome to the World' visits for newborns to help them settle with any birth issues to End of Life visits. The following are examples of conditions commonly treated using CST:

- Headaches (migraines)
- Neck, back, jaw or other pain
- Anxiety/Chronic stress/digestive issues
- Neurological disorders, including ADD/ADHD, MS, stroke, autism, Parkinson's
- Hormonal and Auto-immune conditions
- Pregnancy
- Colic, digestive problems, sleep difficulties, developmental delays in babies

What can I expect during a treatment?

During most treatments, you will be lying on your back fully clothed. Comfortable clothing is recommended for the sessions, and pillows and blankets are provided for your comfort. Your therapist may cradle your head, shoulder, spine or other tissues to support them and allow an improved quality of the fluid flow along with tissue release.

You may also roll to your side for some releases. You may move around during the sessions as your tissues release. Some patients feel an urge to laugh or cry as a release. The most important thing is that you feel safe and well supported in your healing process. After sessions, you will want to drink extra water to encourage the release of toxins. Some patients report feeling very relaxed, and some report feeling very energized. These are your sessions, and stating your intentions can help achieve your goals in healing.