

Craniosacral Therapy

Craniosacral Therapy - what is it?

Craniosacral bodywork is a soothing, gentle approach to relieving pain, discomfort, and physical stress. The gentle touch releases deep-seated tension and encourages whole body health and well-being. Craniosacral therapy works with the craniosacral system which flows between the skull and the sacrum (lower back) to help realign imbalances throughout the body. As a result, this type of work can be particularly helpful for relief of headaches, migraines, TMJ, and sinus and inner ear issues.

How is Craniosacral Therapy different from other forms of bodywork?

Craniosacral work helps address many of the same issues and is a complement to Massage, Acupuncture, Chiropractic and other healing modalities. The difference is the approach; through gentle touch Craniosacral therapy eases restrictions and stressors within the body and encourages the body to find a more harmonious alignment. The body says...ahhhhh.

What can I expect during a session?

During your session you will rest, fully clothed on a massage table. The practitioner will sit or stand at various points, and use light manual techniques to support and/or hold along the body, spine, neck and head, encouraging the body to realign and release tension.

What will I experience during a session?

Everyone's experience is highly individual, but you may feel warmth, tingling, pulsing, big releases - think of it as the body sighing, or you may not feel much at all. Whatever you feel is normal; even if you're not feeling or experiencing the energy shifts, the body is absorbing the work. Sometimes clients experience emotional responses during a session, and/or dream vividly after a session. While these emotional releases don't happen every time, or for every person, it is totally normal and helps the body come into wellness.

What should I wear?

If craniosacral work is performed alone, loose fitting, comfortable clothes are best. Sweatpants or yoga pants really work well. Socks help keep the body warm. If combining craniosacral work with massage you may undress as you would for massage and the craniosacral work will be performed as you lie face up either before or after your massage work.

What can I expect after a session?

For many people they experience a lightness and/or a release of aches and pains right after the session...sometimes you may feel even better after a couple of days. Craniosacral bodywork builds on itself, so multiple sessions will result in your feeling better, for longer periods of time. Remember, your experience is unique - everyone is different!