

# CRANIOSACRAL THERAPY

## What is Craniosacral Therapy?

Craniosacral therapy is a gentle hands-on technique that uses a light touch to relieve compression in the bones of the head. Relieving tension in the central nervous system promotes a feeling of well-being by eliminating pain and boosting health and immunity.

## How Does it Feel?

People feel different sensations from the treatment. They include, but are not limited to- deep relaxation, falling asleep, pulsations, "pins and needles" and having a hot or cold sensation.

## Benefits

- Decreased Chronic Pain
- Decreased Headaches
- Increased Mood
- Increased Sleep
- Can Help With:
  - Fibromyalgia
  - Multiple Sclerosis
  - Neurodegenerative Disease
  - Stroke
  - Speech Impairment
  - Epilepsy
  - Constipation
  - IBS
  - And More...

