

Discover CranioSacral Therapy - Is CranioSacral Therapy Safe?

The answer here is –***most definitely!*** CranioSacral Therapy is quite different from standard massage and structural forms of chiropractic and osteopathic adjustments. Within different positions on the head, the bones are ***invited*** by gentle pressure to move into *ease*... The movements are extremely subtle and sensitive, they are not at all hard, sharp or quick.

CranioSacral Therapy is **NOT** Cranial Osteopathy or Chiropractic – although its principles are similar in many respects. Instead of imposing physical forces to effect a change in the body, the body's natural waves and rhythms are followed, and monitored for the *ease*, which develops.