

## **WEST SIDE WELLNESS, LLC**

### **MODALITY: CRANIOSACRAL THERAPY**

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Craniosacral therapy is a quiet skill. Your experience of the work will be subtle, but its results are profound. Multiple sessions are recommended for best results.

While the client lies clothed, the therapist gently holds the skull, sacrum, or limb and waits for the sensation of movement in stillness before the treatment begins. After the session is complete, the client may report a sense of calmness throughout their whole body. Helpful for many issues, including headaches, pain, fatigue, trauma, TMJ, scoliosis, and more.

From the Upledger Institute:

"CST is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system - comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord... Using a soft touch generally no greater than 5 grams, or about the weight of a nickel, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system... By complementing the body's natural healing processes, CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and is effective for a wide range of medical problems associated with pain and dysfunction." / <http://www.upledger.com>