

What is a session like?

For a craniosacral session, you lie fully-clothed on a comfortably padded table. No oil and no traditional massage strokes are used. Your therapist begins by placing the hands beneath a section of your spine, often the skull or tailbone, and simply feeling or "listening" to the craniosacral rhythm. She or he may also place the hands on your ribs, shoulders, thighs or feet, and may hold a position for some time according to your needs. Some therapists use craniosacral therapy along with other forms of bodywork in the same session to powerfully reinforce each other.

Craniosacral therapy is so gentle that there are only a few conditions which require a cautious approach. Tell your therapist about your health concerns or if you are uncomfortable in any way during a session, so he or she can adjust to better meet your needs.

Craniosacral treatments are most often deeply relaxing. You may have a sense of dropping or deepening into the area your therapist is working. You may feel pulsing or a spreading warmth. Some people notice a heightened body awareness. After a session, you might feel energetic, sleepy or a little scattered. Even if you fall asleep or don't feel much of anything at first, subtle but profound changes may be occurring that will help you heal over time.

I came out of my first session feeling 3 inches taller, with no back pain, no headache and a feeling of euphoria that lasted for days. My headache has not returned and my whole body feels realigned.
—Heather, New York

A subtle, yet powerful technique

Craniosacral therapy works directly with the body's tissues, but can also have a positive effect on the energy systems that connect the body, mind and emotions. It can help reduce pain, decrease anxiety, improve sleep and aid recovery from injury and surgery. For you, too, the healing and gentle balancing properties of craniosacral therapy can offer relaxation, increased energy and a heightened sense of physical and emotional well-being.

Craniosacral Therapy



*Balancing your
natural rhythm for
optimum health*

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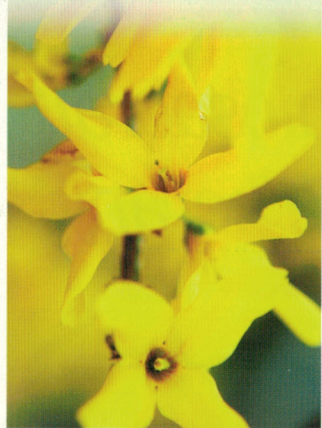
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A unique and powerful bodywork is gaining attention throughout the world. Developed in the 20th century in the United States, craniosacral therapy is used more and more by massage therapists, osteopaths, naturopaths, chiropractors and physical therapists. It is a gentle hands-on method that supports every system in the body, releasing tension and enhancing your body's own ability to heal.

What is craniosacral therapy?

Craniosacral therapy taps into a motion called the craniosacral rhythm that can be felt most strongly at your head (cranium) and the base of your spine (sacrum). The craniosacral rhythm is created by a "wave" of fluid which continuously ebbs and flows in the space around the brain and spinal cord. Because your body is connected in all its parts, the rhythm can also be felt throughout your tissues.

Tension anywhere in your body can restrict the flow of the craniosacral rhythm. Practitioners use gentle touch, often less than a nickel's weight, to subtly correct that rhythm. In the process, tension can spontaneously release, allowing for positive change to occur throughout the body.

Why craniosacral therapy?

Craniosacral therapy works on a profound level to support healthful changes in all the body's systems. Among the most important are:

Nervous system. Releasing tension that blocks the craniosacral rhythm can deeply calm the nervous system, with far-reaching effects. Stress-related conditions often improve, including anxiety, insomnia, digestive problems and depression, as well as menstrual irregularities, breathing difficulties and headaches. In addition, visual problems, hearing difficulties, and injuries to the head or spinal cord can improve. Craniosacral therapy has been particularly helpful in treating children with birth trauma, learning difficulties, chronic ear problems, and hyperactivity.

Circulatory system. As the body relaxes, circulation improves, resulting in a host of beneficial effects. These include increased energy, reduced pain, improved immune system function, and faster recovery from surgery and injuries such as whiplash.

Musculoskeletal system. Craniosacral therapy provides relief for many painful musculoskeletal conditions. Even complex problems such as TMJD, fibromyalgia and arthritis, as well as sciatica or scoliosis often respond well to this gentle but profound therapy.

After a traumatic round of root canal work, I had severe sinus problems and chronic tension through my jaw, face, head and neck. I have been extremely lucky to have the support of excellent craniosacral work to help tend, comfort, and ultimately return my head and face to health.

—Ariel, Seattle

The emotional component

Physical tension in the body may be connected to strong feelings. A hunched posture, for example, can be the result of fear experienced in the past. When the body relaxes, feelings can surface. Becoming aware of your emotions can be a very effective aid in relieving tension and pain, and can lead to long-lasting improvements. Your therapist understands this process. If you want to follow up, your therapist may specialize in this type of work, or refer you to someone who does.

A versatile approach

Craniosacral therapy is suitable for all ages from infants to the elderly. Because it works with a system that most techniques don't address, it can be an effective alternative where other therapies have not provided relief.

The gentle touch of craniosacral therapy may also be a good choice for you if you have trouble relaxing, are ticklish or if massage therapy sometimes leaves you sore. The touch is so subtle that it is unlikely your body will tighten up in response to it, a benefit that can greatly enhance your ability to relax and heal.

