



CranioSacral Therapy - A Gentle, Non-Invasive Approach to Promoting Relaxation, Reducing Pain, and Enhancing Wellbeing

CranioSacral Therapy (CST) is a gentle, hands-on approach to treating various health conditions that affect the central nervous system. Developed by osteopathic physician John E. Upledger in the 1970s, CST is a form of manual therapy that uses a light touch to balance the flow of cerebrospinal fluid (CSF) throughout the body. CST is based on the concept that the bones of the skull, spine, and sacrum are connected and that the movement of CSF is directly related to the health and wellbeing of the entire body.



During a CST session, the therapist uses a light touch to feel for restrictions in the body's tissues and gently manipulates them to release tension and promote the flow of CSF. CST is a noninvasive, non-manipulative therapy that is safe and effective for people of all ages.\

One of the primary benefits of CST is its ability to promote relaxation and reduce stress. The gentle, rhythmic movements of CST can help to release tension in the body, promote deep relaxation, and reduce feelings of anxiety and stress. This can be particularly beneficial for people who suffer from chronic stress or anxiety-related disorders.

CST is also known to help relieve pain and discomfort in the body. By releasing tension in the body's tissues and promoting the flow of CSF, CST can help to reduce pain and discomfort caused by a variety of conditions, including migraines, headaches, neck and back pain, and fibromyalgia.

Another benefit of CST is its ability to improve sleep quality. By promoting relaxation and reducing stress, CST can help to improve sleep quality and reduce the risk of developing sleep disorders such as insomnia.

CST is also believed to help improve immune system function. By promoting the flow of CSF throughout the body, CST can help to remove toxins and waste products from the body, improving immune system function and reducing the risk of developing infections and diseases. CST is a safe and effective therapy that can be used to treat a wide range of health conditions, including:

- Headaches and migraines
- Chronic neck and back pain
- Fibromyalgia
- TMJ (temporomandibular joint) disorder
- Post-traumatic stress disorder (PTSD)
- Scoliosis
- Chronic fatigue syndrome
- Anxiety and depression

During a CST session, the therapist will start by taking a detailed medical history and performing a physical examination to assess the client's health and identify any areas of tension or restriction in the body. The therapist will then use a light touch to feel for restrictions in the body's tissues and gently manipulate them to release tension and promote the flow of CSF.

CST is performed with the client fully clothed and lying on a massage table. The therapist will use a light touch to feel for restrictions in the body's tissues and gently manipulate them to release tension and promote the flow of CSF. CST sessions typically last between 60 and 90 minutes.

CST is a safe and effective therapy that is suitable for people of all ages and fitness levels. It is particularly beneficial for people who are looking for a non-invasive, non-manipulative therapy that can help to relieve pain, reduce stress, and promote overall health and wellbeing.

If you are interested in trying CST, it is important to find a trained and experienced practitioner who can guide you through the process. A skilled practitioner will be able to tailor the therapy to your specific needs and preferences, ensuring that you receive the maximum benefits from the treatment.

In conclusion, CranioSacral Therapy is a gentle, hands-on approach to treating various health conditions that affect the central nervous system. It is a non-invasive, non-manipulative therapy that is safe and effective for people of all ages

**To schedule an appointment or inquire about our services,
call Kneaded Relief Massage & Spa at 734.246.1466.
You can also visit our website at www.KneadedReliefMassage.com for more information.**