

TESTIMONIAL

I had a back surgery and was looking for support for my recovery and relief from post-surgery pain and stiffness

The tightness and stiffness in my back reduced after I started receiving Craniosacral therapy. My mobility improved. I noticed some additional benefits, apart from my goal of pain relief. I slept better and felt more rested and refreshed, with less fatigue and more energy. I felt calm and relaxed, less anxious and had a sense of well-being after my sessions

Craniosacral therapy is a complete game-changer - its versatile and effective and can resolve many health issues. You can't go wrong with this - its helped me every time

