

TESTIMONIAL

I have chronic shoulder and hip pain. Craniosacral therapy has been a blessing - a way to be free of pain without the side effects of painkillers. I recommend Craniosacral therapy as an effective, safe and natural way to get pain relief.

After receiving a session, the tightness and pain in my body reduces and I have better mobility. I find that my digestion and energy levels improve. I feel less anxious and lighter and clearer in my mind, with a better capacity to deal with life's daily stresses after receiving a treatment.

Niyati is an amazing therapist. Her knowledge in this field is unsurpassed and she has a wealth of experience

