



Craniosacral Therapy Aftercare

Craniosacral therapy is a gentle, hands-on approach that aims to enhance the body's natural healing abilities by focusing on the craniosacral system, which includes the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. After a craniosacral treatment, it's important to follow some aftercare advice to optimise the benefits of the session and promote overall well-being. Keep in mind that individual experiences may vary, so it's always a good idea to consult with your craniosacral therapist for personalised advice.

Here are some general aftercare recommendations:

Hydration

Drink plenty of water to help flush toxins from your body and prevent dehydration. Warm water is often more beneficial than cold water which can slow down the healing process. Alcohol and coffee can both cause you to dehydrate so should be avoided.

Rest and Relaxation

Take it steady after your treatment, stay warm and try and rest. Do not drive for 15 minutes or so after your treatment. Avoid engaging in strenuous activities immediately afterward to give your body the opportunity to integrate the changes facilitated by the therapy.

Avoid Stressful Environments

Try to avoid stressful or overly stimulating environments in the hours following your craniosacral treatment. This can help support the relaxation response and enhance the benefits of the therapy.

Maintain Good Posture

Think about your posture, especially in the hours and days following the treatment. Good posture can help support the alignment and balance achieved during the session.

Avoid Heavy Meals

Think about food as sustenance and eating as an opportunity to continue healing your body after massage. Eat food which makes you feel nourished and healthy. Try to avoid heavy or spicy food.

Observe Sensations

Pay attention to any sensations or changes in your body following the session. This awareness can help you understand how your body is responding to the treatment, important information for your therapist.

Who do I contact with queries or concerns?

If you have any worries or questions after your treatment, contact your therapist in the first instance. If you are unable to reach them, then please contact reception on 0115 981 3778 who will try to contact the therapist on your behalf and make arrangements for them to contact you.