

Laurel Hernandez, Holistic Practitioner

Craniosacral

This profound, non-invasive bodywork is shown to restore the body's natural healing potential. The rhythmic pulsations of the cerebral spinal fluid lead the practitioner where to focus unwinding techniques in the core areas of the sacrum, spine and cranium. This therapeutic technique of "unwinding" can restore balance to connective tissues and the sympathetic nervous system. Relief of stress related illnesses, chronic pain, headaches, immune system disorders, and PTSD are highly achievable. Pain and stress are rarely held in one location of the body or nervous system. As a trained practitioner, I'll assess and work with multiple areas to facilitate the balance and relief we are all desire. The client is fully clothed in a spa-like setting. Come experience this ancient, yet modern therapy to assist in restoring health.



Call for an appointment

(60 minutes) \$45.00

480-447-4968

At the Center of You

86 N Valentine Street, Wickenburg, AZ 85390