



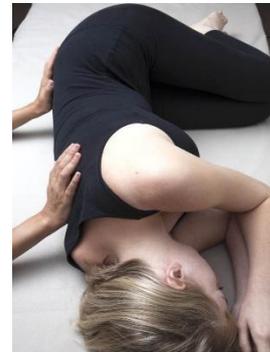
When the body feels safe it softens. When it softens it heals.

Chronic Pain & Persistent Tension

A gentle, nervous system-based approach to lasting relief

Living with ongoing pain?

- Back or neck pain
- Shoulder or jaw tension
- Headaches or migraines
- Pain after injury or surgery
- Symptoms that keep returning



When pain becomes persistent, the nervous system can remain in a protective holding pattern - long after issues have healed.

Craniosacral Therapy works gently with the fascia and nervous system to:

- Release deep-held tension
- Reduce overactive pain responses
- Improve ease and mobility
- Support the body's natural healing capacity

Using light, skilled touch we help the body shift from protection into regulation.

This is not about forcing change. It is about creating conditions in which the body can soften and reorganize itself. When the nervous system feels safe, the body can begin to let go.



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Gentle Craniosacral Therapy supporting nervous system regulation and lasting wellbeing

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About Loraine

I am a Registered Craniosacral Therapist with a particular interest in chronic pain, nervous system regulation and supporting the body through life's transitions, including pregnancy and later years.

My work is grounded in an understanding of fascia and the way the nervous system shapes patterns of tension, pain and stress. I take a gentle, attentive approach, allowing the body the time and space it needs to settle and reorganise.

Sessions are calm and unhurried and tailored to your individual needs. My aim is not to force change, but to create the conditions in which your body can soften, regulate and restore balance.

What to Expect

- Sessions are either 60 or 90 minutes and a full case history is taken during your first visit. You remain fully clothed and lie comfortably on a treatment couch.
- Touch is light, subtle and always respectful. Treatment can be given off the body if this is preferred.
- Time is allowed at the beginning to discuss your needs and at the end to integrate the treatment

Why Nervous System Regulation Matters

When the nervous system remains in a protective state, the body may hold tension, pain or overwhelm.

Supporting regulation allows tissues to soften, breathing to deepen and healing processes to function more effectively.

