



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

Craniosacral Therapy

A gentle, nervous system-led approach to restoring balance and wellbeing

Craniosacral Therapy is a subtle, hands-on treatment that works with the nervous system and connective tissue (fascia) to support the body's natural ability to regulate and heal.

Life experiences – stress, injury, illness, emotional strain – can leave patterns of tension in the body. Over time, these patterns may contribute to pain, fatigue, anxiety or a general sense of being out of balance.

Craniosacral Therapy uses light, skilled touch to:

- Release deep-held tension
- Support nervous system regulation
- Improve ease and mobility
- Promote overall wellbeing
- Encourage relaxation and restorative sleep



Sessions are calm and unhurried, allowing your body the space it needs to settle and reorganise.

This approach is suitable for adults of all ages and can be tailored to individual needs.

Rather than forcing change, Craniosacral Therapy creates the conditions in which the body can soften, adjust and restore balance.

When the nervous system feels safe, the body often finds greater ease.



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Gentle Craniosacral Therapy supporting nervous system regulation and lasting wellbeing

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About Lorraine

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.



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