



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

Craniosacral Therapy for over 65's

Supporting comfort, mobility and resilience as we age

As we grow older, the body can carry the effects of a lifetime – physically and emotionally.

You may be experiencing:

- Ongoing joint or back discomfort
- Stiffness and reduced mobility
- Arthritis-related tension
- Recovery after illness, surgery or injury
- Balance challenges
- Fatigue or disrupted sleep



Over time, the nervous system can remain in subtle protective patterns, contributing to persistent tension and discomfort. Craniosacral Therapy is a gentle, hands-on approach that works with the nervous system and fascia to support regulation, ease and overall wellbeing.

Using light, skilled touch, sessions can help to:

- Reduce held tension
- Improve comfort and mobility
- Support recovery and healing
- Enhance relaxation and sleep
- Promote a sense of steadiness and resilience

Sessions are calm, unhurried and tailored to your individual needs. Ageing brings change – but it does not mean living with unnecessary tension or discomfort. When the nervous system feels supported, 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 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.

