



SKIN · SCIENCE · SOUL

THRYVE

CRANIOSACRAL THERAPY

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WELCOME

At THRYVE, we believe balance within the body is supported through consistent care, thoughtful therapies, and treatments that work in harmony with the body's natural rhythms and capacity for self-regulation.

Craniosacral therapy is a gentle, hands-on treatment that uses subtle touch to support relaxation, ease patterns of tension, and encourage a greater sense of physical and emotional wellbeing.

Our craniosacral treatments are delivered through a considered, individualised approach, with careful attention given to the head, spine, sacrum, and the wider connective tissues of the body.

Through intentional touch and a calm therapeutic environment, the treatment is designed to help settle the nervous system, release areas of held tension, and support the body in returning to a more comfortable and balanced state.

A handwritten signature in a cursive script, reading 'Sophie Briddell'.

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CRANIOSACRAL THERAPY

Craniosacral therapy is a gentle, hands-on treatment that works with the head, spine, sacrum, and surrounding connective tissues to support relaxation and ease patterns of tension held within the body.

Through light, precise touch, the treatment encourages the body to slow down, helping to settle the nervous system and create the conditions for rest, release, and greater physical comfort.

The craniosacral system plays an important role in supporting the brain, spinal cord, and wider nervous system, making this treatment a meaningful way to promote both physical relaxation and a deeper sense of overall balance.

It may be particularly supportive for those experiencing:

- Stress and overwhelm
- Fatigue and burnout
- Trauma and emotional overwhelm
- Persistent pain

The treatment is deeply calming and restorative, helping the body move into a more relaxed, regulated state and supporting an ongoing sense of ease, grounding, and wellbeing.

TREATMENT MENU

CRANIOSACRAL THERAPY

Following an in-depth consultation of approximately 15 minutes, each session includes 60 minutes of Biodynamic Craniosacral Therapy tailored to the individual.

Using gentle, light touch, the treatment works with the body's natural rhythms to support nervous system regulation, release areas of held tension, and encourage deep relaxation and overall balance.

This treatment may be particularly supportive for those experiencing perimenopausal symptoms, stress, burnout, anxiety, fatigue, emotional overwhelm, persistent tension, disrupted sleep, or a general sense of nervous system dysregulation.

Each session provides a calm, supportive space for physical and emotional restoration. Treatments are also suitable for children, with parental supervision required.

75 minutes £75

Follow up 60 minutes - £60

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At THRYVE, our approach is always the same — to work with the body, not against it, supporting lasting balance through treatments designed with intention. To begin your treatment journey, contact welcome@thryveclinic.co.uk, WhatsApp 07495 594477, or visit www.thryveclinic.co.uk.

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