



KATE THOMPSON

Kate Thomson is a Craniosacral Therapist and Myofascial Release practitioner, her treatments are highly personalised and install deep stillness, restoration, and relaxation. Kate has extensive experience of working with people of all ages from all backgrounds, abilities and disabilities and her deep sensitivity provides a treatment where pain melts away and difficult emotions past and present are given perspective and resolution.

Craniosacral Therapy & Myofascial Release

1 hour 30 mins **£290**

1 hour **£195**

A gentle and effective therapy working with the body using a light touch and minimal manipulation, supporting your body's innate ability to balance, restore and heal itself as well as helping to reduce stress and build underlying energy. A gentle but powerful form of physical therapy treating the entire fascial network, promoting the body-mind connection and restoring function and balance.