

“I FEEL A NEW WOMAN!”

Antonia Scott visits Lulu Ferrand, a qualified biodynamic Craniosacral Therapist and discovers the power of this gentle treatment in her Rutland practise.

Lulu's treatment room is a tranquil cocoon-like room above her garage. We began the session with Lulu taking down a concise history of me. She explained that this is a hands-on, non-manipulative gentle treatment where she tunes into the energy rhythms of the body and gently palpates the blockages within the system which allows them to be released. I was intrigued.

I lay on a couch with just my shoes off and she covered me with a blanket. She began with placing her hands on my feet and during the session moved to other parts of my body. Her hands were very gentle and most of the time actually under my body. We discuss what we are both feeling and sensing. It really felt as if an age-old problem was draining from my body. During my hour's treatment, I found her to be kind, compassionate with a deep knowledge of her profession and a true love of what she does.

All Lulu's clients react differently to their treatment and each one can experience varying sensations – from a tingling, stretching or heat and a sense of deep relaxation. She explained that as individuals, we all heal at different speeds and the treatment is therefore done at the pace your system can cope with, allowing your own body to self-heal. Some conditions may only take one session, whereas if a patient has had the complaint for years, it will take longer. Essentially, this therapy works by accessing the health, releasing blocked up energy, allowing self healing to naturally occur.

Lulu treats adults and children alike for a wide range of concerns, such as anxiety/stress/depression, back and neck pain, birth trauma, bone and joint disorders/muscular pain, digestive problems/ irritable bowel, headaches, hearing problems, hormonal disorders, low immunity, infertility, insomnia, sinusitis and many others.

Denise Bell from Cottesmore, first visited Lulu because she was under considerable stress and had had two panic attacks. She felt much better after her first session and back to her old self after the fourth one. She now goes to have a treatment as and when she needs it. Denise said “I have found a way of managing my anxiety and it's been life changing”

“I can't recommend Lulu highly enough” is what most of her clients on her testimonial page say.

For more details: www.luluferrand.co.uk Tel: 07887 506163