



# Restorative Therapy FAQ

THE WELLNESS SPA

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## Which session should I book?

If it's your first session, we recommend booking the 90-minute Restorative Therapy session. This package includes the option of all treatment modalities and you can chat with your therapist to determine what will work best for you. The therapist may recommend a different package for subsequent sessions depending on what you're working through.

You can book each of the treatment modalities separately if you prefer a shorter session or only desire specific treatments, but if you're not sure what you need or if you want options, the 90-minute Restorative Therapy session is what we recommend!

## Is this hands-on treatment?

Craniosacral therapy and myofascial unwinding are both forms of hands-on bodywork. Any energy or biofield work can be hands-on or hands-off. Neuromotion, neurotherapy, and the chi machine are hands-off treatment modalities that involve working with our specialized equipment.

## Is this like a massage?

Restorative Therapy combines different techniques to address tension, pain, and mental/emotional issues, however it is not a massage. Any hands-on work is performed over the clothing and the therapist uses gentle positioning, tension, and pressure points to facilitate the release of torque in the fascia. Any movement that occurs is an involuntary body movement and does not involve force by the therapist.

Your body may move in rhythmic motion patterns, hold long stretches, or experience unique sensations in temperature, weightlessness, heaviness, or tingling. This treatment is dynamic and uses different standing, sitting, and laying positions and your session will likely encompass much more movement than you'd experience during a massage.

## What should I wear?

Treatment is performed fully clothed with the shoes off. We recommend wearing comfy clothes you can move easily in. Sweatpants or leggings, a loose fitting top, and socks are ideal. However if you forget your leggings and come wearing jeans, we can still work with that!

## What should I expect?

When you arrive, you'll spend some time chatting with your therapist about your symptoms, your current mental/emotional/physical state, any concerns you have, and any significant injuries, accidents, surgeries, or traumatic events you feel comfortable sharing. This will help your therapist determine which treatment modalities are right for you. You only need to share what you feel is relevant and will not be pushed to share things that you feel uncomfortable opening up about! You and your therapist will decide what kinds of treatment will be helpful that day and begin the session.

Sometimes as frozen energy is released, there is a corresponding emotional response. This is totally normal and something that you can just breathe through and release. Your therapist will be sure to gain consent throughout your session and keep you informed about what to expect so you don't feel confused or unaware of anything that is happening! Sometimes clients chat throughout the whole session, and sometimes it's a quiet meditative experience. Whatever you choose to do is completely acceptable!

## How often should I come? How many sessions will I need?

The frequency of sessions depends entirely on the individual and how they are progressing through treatment, as well as the severity of symptoms. Some people come in with so much tension that their bodies are like a frozen brick and it takes some time to loosen the tissue and get energy flowing through the system. Other times people come in and find that just a session or two helps them feel more aligned and back to normal. Some clients schedule regular weekly or monthly sessions and others come in as needed. Your therapist will give you a recommendation on when to return, however, it is ultimately your choice!

## How does this treatment address trauma?

When a traumatic event occurs, often a person's immobility instinct kicks in and everything freezes. This is one of the nervous system's automatic and involuntary responses when faced with an inescapable or overwhelming threat.

If the individual is unable to complete the stress response cycle after the threat is over, that energy remains frozen in the body. Trauma symptoms stem not from the event itself, but from this energetic residue in the nervous system that has not been discharged or resolved.

People often get stuck in their recovery when they only address the mental/emotional component of trauma (processing memories, thoughts, and emotions), but neglect the frozen energy residing in the physical body.

The hands-on bodywork, energy work, and neurotherapy we offer facilitate the gentle release of that stored energy in the tissue, allowing for breakthroughs in recovery. By allowing the fascia to release stored energy and by facilitating flowing movement of energy, removing energetic blocks and energy cords, people experience lasting relief and detachment from traumatic memories or trauma responses.