Belén
Optimum Health

Craniosacral therapy is a light-touch hands-on therapy that enhances the body's natural capacity for healing. CST has been shown to be effective in treating a wide range of physiological issues associated with pain and loss of biomechanical, systemic and emotional function/wellbeing. CST is useful both as a primary treatment method and in combination with other traditional (physiotherapy) or complementary health modalities.

The Craniosacral Therapist (CST) agrees to:

- Adhere to the Irish Association of Craniosacral Therapist (IACST) Code of Professional Practice
- Provide advice strictly within the bounds of craniosacral therapy unless otherwise agreed
- Liaise with medical professionals when appropriate, but only with your express permission
- Avoid diagnosing or claiming to treat medical conditions, or suggesting craniosacral therapy as an alternative for medical advice
- Refer any serious undiagnosed symptoms for professional medical diagnosis
- Ensure that information provided by you both verbally in a consultation and in writing will be kept confidential and will not be disclosed to a third party without your consent (see further Belen Optimum Health's privacy note and data protection policy)

The client agrees to:

- Consultations must be paid at the end of each consultation either by cash or card or in advance through Belen Optimum Health's online booking system
- Cancellations are free up to 72 hours prior to the consultation. Missed or cancelled appointments within 24 hours will be charged
- Children under 18 years of age must be accompanied by a parent or guardian. There are limits to confidentiality regarding concerns about children which reach a particular abuse threshold to Tusla, the Irish Child and Family Agency, retrospective reporting of child abuse and potential suicide.
- Tell my CST about any medical diagnosis, medication or food supplements
- Report any concerns about craniosacral therapy to either my CST or IASCT

Client name   NT name

Client signature   NT signature

Date   Date

Belén Vázquez
Reg. Nutritional Therapist and Cranio-sacral Therapist
DipION, DipBCST, mNTOI, mIASCT
6 James Terrace, Malahide
085-8099895 / www.belenoptimumhealth.com