

Both original and translation to be found at <http://bestler-practice.ch/>

Comments in German as client was German-speaking.

Ein paar Bemerkungen:

EDUCATION:

Die deutschen Namen der Schulen usw habe ich gelassen und Englisch in Klammern dahintergeschrieben. Alternativ kann man das Deutsche auch ganz weglassen.

KV - nicht ganz sicher, ob ich das richtig / verständlich übersetzt habe?

ausführliches Gespräch

hier habe ich einen kleinen Nebensatz eingebaut, weil es im Englischen nicht wirklich ein Wort gibt, das schon diesen therapeutischen Gedanken ein bisschen beinhaltet wie "Gespräch". Chat und conversation alleine klangen etwas trivial. Können Sie natürlich gerne wieder entfernen!

NAVIGATION

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CLINIC (alt: LOCATION, FIND US)

APPOINTMENT

INTRO

The backbone for your quality of life

Imagine how it would feel to get up in the morning and feel healthy and happy! No physical or stress-related ailments...

This is the goal we have for you.

We will support you to turn imbalance back into balance.

OR: We will help you find your balance in life's imbalance.

ABOUT ME

Roseline Bestler (-Vernier)

Born 1975

I grew up in the Jura canton and came to the German-speaking part of Switzerland through my previous occupation in the financial sector. I also spent three years in New York thanks to my job and moved back to Baden in 2009.

I am married and have a delightful daughter (born 2010) who gives me a great deal of joy.

After suffering from whiplash I came across osteopathy and craniosacral therapy and was fascinated by this method from the very beginning. Due to various ongoing ailments I kept returning to therapy and was always amazed how the therapist could solve my issues with the help of this soft and light technique.

In 2010 I decided to start training as a craniosacral therapist. I completed the final course in October 2012 and am now doing further ongoing training.

Member of CranioSuisse

Education and training

2013: Treatment of babies and toddlers

2013: Whiplash

2010-2013: Craniosacral Therapy at the Schule für Körpertherapie (school for body therapy) in Zürich

2003-2006: Business Economy at the Kaderschule (management school) in Zürich

1993-1995: **KV (Swiss Commercial Association) diploma** in the Jura canton

THERAPY

Craniosacral Therapy

Craniosacral therapy was developed at the beginning of the 20th century on the basis of osteopathy. The name is derived from the words cranium (skull) and sacrum (bone at the base of the spine).

Craniosacral therapy is a non-manipulative, holistic treatment method and can be helpful for many problems. Light touch promotes the self-regulatory faculties of the body and activates its self-healing powers. This supports the general health inside your body and thus enables positive changes. Craniosacral therapy can be used on people of all ages, from newborns to those advanced in years.

At the beginning of any treatment we will have an **extensive chat about where you are and where you want to be**. Treatment takes place on a massage table wearing comfortable clothing and generally takes about one hour (incl. initial chat).

Gentle and targeted treatment and its most common uses

Adults: rehabilitation after illness or accident; back, shoulder and neck pain; stress-related issues; whiplash, headache, migraines; orthopaedic issues; problems affecting the spine, muscles or joints.

Children and teenagers: imbalances of the immune system; asthma, allergies and skin disorders; hyperactivity, problems with concentration or learning difficulties; menstrual troubles.

Before, during and after pregnancy: optimising pelvic organ functions; pre-natal preparation; back problems; post-partum processing; water retention.

Babies and toddlers: assisting with the bonding process; three-month colics; trouble with breastfeeding; cranial asymmetry; wryneck; ear infections; strabismus.

RATES

Treatment rates

Introductory rate from 1 July 2013 to 30 September 2013

CHF 80.- / 60 min.

Rate from 1 October 2013 until reception of EMR approval / health insurance certificate

CHF 100.- / 60 min

As soon as the EMR approval is obtained, the standard rate for craniosacral therapy will be charged

CHF 120.- / 60 min.

For children only the actual treatment time will be charged (usually a 30 min treatment is sufficient).

All payment will be in cash.

CLINIC

Dorfstrasse 30a in 5430 Wettingen

Tel. No.: 056 511 05 75

Nearest bus stops:

- Wettingen, St. Sebastian
- Wettingen, Rebstock
- Wettingen, Märzengasse

Please click on the image to see more photos.

Click for bigger map.

(bin nicht sicher, ob der Text von Google vorgegeben ist)

Other services offered at Dorfstrasse 30a in Wettingen:

Childrens kinesiology - Sara Baumann

Balance health practice - Nicole Burkhart

APPOINTMENT

To make an appointment

You can make an appointment over the phone (056 511 05 75) or right here using our online booking system.

Please note that you will originally be asked to register in order to use the online booking system. You will only have to do this once and can simply log in to make subsequent bookings.

(You can select the language for the booking system at the bottom.)