



# Metamorphic Technique



The Metamorphic Technique® is suitable for everyone, regardless of age, circumstance or life situation.

We use a light, non-invasive touch on specific areas of the feet, hands and head while at the same time providing a space free from direction towards a particular outcome. In this regard, the founder, Gaston Saint-Pierre, defined the Metamorphic Technique® as simply being a practice of detachment.

Many people who have sessions have reported an array of different benefits. In some cases people report changes that are immediately noticeable, while in others they are more subtle. They can range from general feelings of having more energy and confidence to improvements in physical, mental or emotional health, releasing of old habits or gradually letting go of past hurts.

[Book a treatment](#)