

What is Bowen Therapy?



The Bowen Technique, developed by the late Tom Bowen in Australia, is a gentle, non-manipulative therapy that stimulates the body's own natural healing process.

Bowen utilises light, yet precise rolling 'moves' at specific sites on the body, (on muscles, tendons, ligaments or nerves) to deliver signals to the nervous system. These signals stimulate a healing response encouraging the body to return to its natural state of balance and wellbeing.

How is a Bowen Therapy session carried out?

Bowen is usually performed whilst you lay comfortably on a massage table, however, if necessary it may be performed effectively seated.

Frequent pauses take place between 'moves' to allow the body time to respond. These pauses also provide a time of relaxation which is often very deep.

Sessions usually take around 1 hour and the therapy may be applied through light clothing.

Could Bowen Therapy help me?

Bowen may be used on everyone from **newborn babies** to **the elderly** and very sick, as well as **sports people** and **pregnant women**.

Some of the health concerns that may respond favourably include:

- Shoulder and neck problems
- Back pain and sciatica
- Baby and childhood problems (bed wetting)
- Stress and headaches
- Hip, knee, ankle and foot problems
- Respiratory, digestive and menstrual complaints
- Earache and TMJ problems
- Fatigue and low energy levels
- Sports and accident injuries
- Just feeling out of sorts

How many sessions will I need?

While everybody responds differently, and in their own time, a series of three sessions spaced 7-10 days apart is usually recommended.

Want more information

For further information on Bowen Therapy please visit www.bowen-technique.co.uk

Price

The Bowen Technique

Initial Consult (approx 75 mins) £55

Follow up (approx 60 mins) £45

Holistic Massage

Long, fluid movements are used to relax the muscles and mind during this soothing, whole body massage.

Holistic Massage may help release muscle tension resulting from both physical and emotional stressors as well as improve lymphatic drainage and circulation.

A deep sense of relaxation is usually experienced.

Price

Holistic Massage

30 mins £30

60 mins £50

90 mins £65