

Lauren Rinaldi BTAA BAUK **Bowen Therapy & Holistic Massage**



Lauren's longstanding interest in natural therapies, as well as a passion for health and wellbeing, led her to pursue a career as a complementary therapist.

Lauren qualified first as a Holistic Massage therapist at St Mary's University College, Twickenham, and then went on to become a fully qualified Bowen Therapist completing the course in her native Australia where The Bowen Technique originates. Both disciplines require a comprehensive Anatomy & Physiology component, which Lauren achieved with distinction.

A full member of the Bowen Association UK (BAUK) and the Bowen Therapy Academy of Australia (BTAA), Lauren undergoes regular ongoing training to maintain membership and continue learning within this field.

Growing up in Australia with exercise and sport being a major part of life, as well as being married to a professional athlete, has led to a particular interest in injury prevention, rehabilitation and pain management.

Lauren is driven by a genuine desire to improve the wellbeing and quality of life of her clients and would be more than happy to discuss your individual health concerns and needs with you.

Testimonials

"Bowen therapy with Lauren completely relaxed me after each session. I felt calm and peaceful. The main reason I went was for hip pain and by my third and final session the pain had gone and the exercises she gave me have maintained that. Highly recommend her and have referred friends to her since." REBECCA THOMAS, Student Midwife and mother of two

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*"I would recommend Lauren's Holistic Massage treatment to anyone. I suffer from a muscular condition which it helped greatly and it was also a very relaxing and enjoyable experience, well worth the money. Most importantly though, Lauren is very capable and makes you feel welcome and comfortable during your session. My advice to anyone considering a treatment is to go ahead, you won't have regrets".* JAMES LANG, Rugby League Coach