

THE BOWEN TECHNIQUE

The Bowen Technique is one of the most versatile and effective therapeutic treatments available today offering significant relief for many conditions.

After taking a comprehensive case history and discussed your condition in detail, a treatment will consist of a series of gentle moves on skin or through light clothing, with the client usually lying on a bed or treatment couch, although it is possible to be treated seated.

A session usually lasts up to an hour and frequently results in a deep sense of relaxation helping the body to recharge and balance itself.

How does Bowen work?

A treatment consists of a series of gentle rolling moves with frequent pauses between moves giving the body time to benefit from each set. Practitioners treat the body as a whole or can target a specific problem, as they are able to pinpoint stress build-up in muscle groups and then release it.

The Bowen Technique both balances and stimulates – the restorative process beginning once the body is relaxed.

It's referred to as 'complementary' – meaning it will enhance and complement other medical treatments. However, it should be noted that receiving other manipulative therapies immediately following a Bowen session can undermine the effectiveness of the Bowen work. It is better to wait a week before starting any other treatments.

Bowen is Holistic

The Bowen Technique is perhaps one of the single most important tools we have to help heal the body. The moves produce good results by penetrating to a deep cellular level – making use of the body's own ability to heal itself. Moves begin to achieve holistic balance straight away, embracing the client's physical and emotional aspects

Can Bowen Help me?

I believe so. My experience demonstrates its benefit for people of all ages, including newborn and infant children. Although it is a tool for treating ailments and injuries, many healthy people come along to enjoy treatments to maintain balance and their sense of well-being. Victims of sports injuries and accidents have found the Bowen Technique very helpful as a remedial therapy during their recovery. It may improve rehabilitation time regardless of when the injury was sustained.

This is a list (not complete) of possible problems why you might consider a Bowen treatment:

- Allergies
- Baby and childhood problems
- Back problems
- Bladder problems, bedwetting
- Bowel problems
- Digestive problems
- Dizziness
- Ear Problems
- Fatigue
- Fluid retention
- Foot problems
- Frozen shoulder
- Headaches (migraine, sinus)

- Bedwetting, incontinence
- Jaw problems
- Knee and hip restrictions, misalignments
- Menstrual and other female problems
- Pelvic tilt, leg length, hip imbalance
- Poor mobility
- Repetitive Strain Injury
- Respiratory problems
- Skeletal and muscular problems from lumbar to neck
- Sports injuries
- Stress