



HUMAN BOWEN

The Bowen Technique is unlike any other form of hands on therapy. Treatment can be given through light clothing and it consists of a sequence of gentle moves over very precise areas of the body.

There is no cracking of joints, no insertion of needles and no manipulation. Moves are made over soft tissue and muscles followed by periods of rest, in order for the body and brain to absorb the therapy. Anybody from babies to the elderly can receive Bowen. It is gentle enough for frail bodies and soothing to receive making it an ideal therapy for people of all ages.

Bowen has been of benefit in helping to relieve many conditions from stress and anxiety, to helping the body heal after major trauma, injury and operations. It is regularly used by athletes by helping to enhance performance, and to help prepare the body for competitive events.

Each treatment takes about ½ to ¾ hour to receive and a short medical history is taken before treatment on the first session. After a Bowen treatment the healing process continues for about seven days, and is followed by further sessions to allow the body to continue the process of re adjusting and re aligning.

Bowen may be helpful for people that participate in sports, in particular horse riders. The strenuous schedules of taking care of horses have an impact on the body, including falls which can result in riders unable to sit on their horses in a balanced position, which in turn will have an ongoing effect on the horse.

Many people find that Bowen has increased their body's ability to cope with chronic long term health problems, often reporting that Bowen leaves them with a feeling of wellbeing and increased energy levels.

It is recommended that clients that are new to Bowen have an initial course of 3 treatments to benefit fully, and then continue with top up treatments at intervals varying from once a month to several times a year.

What has Bowen been observed to help?

- Pain management
- Sports injury
- General aches and pains
- Sciatica
- Frozen shoulder and tennis elbow
- Whiplash
- Asthma
- Hayfever
- Stress and tension
- Digestion
- Chronic fatigue
- Heel and foot pain
- Bowen has been reported to positively help quality of sleep, mood elevation, ability to focus, and relaxation.