

# *The Bowen Technique*



*"Quite simply one of the most effective, gentle, non-intrusive but powerful therapies available."*

Bowen is a gentle, non-evasive, subtle and relaxing hands-on treatment that treats the whole person, not just the condition.

By using thumbs and fingers, making a series of precise moves at specific points over muscle and soft tissue it allows the body to re-balance, promote healing and relieve tension and reduce pain in a highly effective way.

The Bowen Technique is suitable for adults, the elderly, children and even new born babies.

For treatment of:

- BACK & NECK PAIN
- FROZEN SHOULDER
- SPORTS INJURIES
- MUSCLE PAIN/SPASM
- JOINT PAIN
- SCIATICA
- STROKES
- MS
- FATIGUE
- PAIN MANAGEMENT
- GENERAL RELAXATION
- STRESS & TENSION



Bowen is a gentle and non-manipulative therapy

*To book a treatment either see reception or contact  
Jann Turner on 01473 833944/0774775556*

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