



We suggest treatments should be scheduled between 5-7 days apart and an initial set of 3 treatments is recommended in order to establish whether the client is likely to respond to treatment.

How could this help you?

The following conditions may be helped by Bowen technique. The list is not exhaustive and if you have other conditions these can be discussed with your practitioner.

- back pain
- headaches
- sinusitis
- neck pain
- rsi elbow and wrist problems
- hayfever
- allergies
- respiratory conditions



The Bowen technique may also help with irregular sleeping patterns.

The Bowen Technique should not be used as an alternative to seeking medical advice.

It is highly recommended that the Bowen Technique is not undertaken in conjunction with other therapies, such as massage or chiropractic adjustment.

Druce Holistic Therapy  
To arrange a treatment call  
Kevin on 01252 625026 or email  
[druceholistic@outlook.com](mailto:druceholistic@outlook.com)

Web: [druceholistictherapy.webs.com](http://druceholistictherapy.webs.com)

Registered Practitioner with The Bowen Association UK

# BOWEN TECHNIQUE

Back pain, other aches and pains, trouble sleeping .... Is this you?

Have you tried Bowen?

Read on maybe I can help..



Bowen Technique is a non-intrusive complementary hands-on therapy. Using gentle moves over precise points of the body to encourage the body's innate ability to relieve pain, restriction and imbalance without the need for deep, manipulative forceful treatment.

# BOWEN TECHNIQUE

The Bowen Technique was developed in the 1950's by an Australian Tom Bowen but the first practitioners appeared in the UK in 1993.

It is a remedial, hands-on therapy that is applied using very gentle pressure. The practitioner uses thumbs and fingers on precise points of the body to perform Bowen's unique sets of rolling-type moves which stimulate the muscles and soft tissue of the body. There is no manipulation or adjustment of hard tissue and no force is used. The experience of a treatment is gentle, subtle and relaxing. Practitioners believe that the Bowen Technique prompts the body to reset, repair and balance itself and clients report the experience of pain relief, improvement of function and recovery of energy.



## A gentle and holistic approach

The pressure used in Bowen is quite subtle and although it is extremely light it is still effective. It is not dependent on hard pressure and there is no awkward bending, twisting or re-positioning of the client during the treatment. Because of this, Bowen may be considered for clients for whom other forms of therapy might be too aggressive, forceful or invasive. The tiniest of babies through to the frailest of adults have been treated with Bowen.

A key element of the principle guiding Bowen, is that we work holistically, according to the well-established principle of naturopathic medicine: 'That the body be treated as a whole, without referral to named disease'. With Bowen we don't diagnose and we are not treating just the named disease or condition, but we are treating the whole person.

With Bowen we will tend to give a whole-body treatment at the first visit, which includes the neck, knees and shoulders. It is often very difficult to be completely sure where any given pain is coming from and to know how other structures are being affected by the original problem, Bowen's holistic way of treating may often get to the root of problems gently and efficiently.

A session will generally last around 45-60 minutes although this may vary with treatments.

### The Treatment

- ✚ The first consultation will include an assessment of the clients conditions. Treatments will be based on this assessment and any future assessments.
- ✚ Ideally treatment will be completed directly on the skin. However, it can be performed through light clothing.
- ✚ Each session will vary according to the presenting problems of the client as well as the skill and experience of the therapist, an initial treatment will address the whole body.
- ✚ Clients may be treated either laying on a treatment couch or sitting on a chair.