

Human Bowen FAQs

What is it? The Bowen Technique is a gentle, holistic remedial therapy. The Therapist will use gentle, rolling moves using fingers or thumbs on specific areas of the body, giving 'breaks' in the treatment to allow the body to absorb the messages it is being given.

Does it hurt? Generally, no. Light moves on structured areas will allow the technique to do the work, rather than trying to force the issue.

What do I wear? Light clothing of natural fibres. (No jeans, please.) I do prefer to work directly on the skin, but if you prefer to remain clothed, that is fine. You would never be asked to remove undergarments. In cooler weather, make sure that you have warm clothing in which to leave the treatment room.

How long will the treatment take? Each session lasts approximately 45 minutes - the first session may take longer in order that I can take a full documented history.

How often will I need to come? It is advised that you have three or possibly four consecutive weekly sessions, then to ensure maximum benefit, have 'top-up' treatments every few months-or sooner if there is a re-injury.

Will it conflict with any other therapies I use? Some therapies work well with Bowen, such as homeopathy, nutritional therapy, Bach flower/tree remedies and exercise. However, please avoid any 'hands on' therapies during a series of Bowen treatments as they can upset the delicate balance.

Is the practitioner fully qualified and insured? Yes, I am fully qualified and registered. I am fully insured and can produce my insurance certificate is required.

How much will it cost? Each treatment costs £30, payable on the day. Cash or cheque will be acceptable but I do not take debit or credit cards.

Do I need to bring anything? No, just yourself, and a list of any medications you are taking and how long you have been taking them.