

Bowen Technique is a dynamic therapy that utilises small but precise moves over the skin to stimulate muscles, tendons, nerves and connective tissue and initiate the body's own innate healing capabilities. After a few moves the therapist will walk away and leave you for a short period of time before returning to continue with more moves and more short waits between moves. This wait allows time for the various body systems to assimilate the stimulation of these structures and commence with a rebalancing of the whole body.

A person does not have to remove clothing for a Bowen session but light, loose clothing should be worn as some moves are better received by the body if done over the skin so clothing may need to be adjusted. Some therapists find it easier to work with the person dressed in just their underwear but if you are not comfortable with this you should express your preference to keep your clothing on.

If you have never received a Bowen treatment the initial treatment will be an overall balancing procedure, which depending on your complaint and how long you have had it may well be enough to bring relief. If, however, you feel that after your first treatment you need more work your Bowen therapist will have been able to assess your reaction to the primary treatment and proceed with more specific moves to help bring relief. Bowen continues to work over a period of time after your treatment so improvement may be subtle but noticeable over a few days. It is always difficult to say how many treatments a person needs to remedy a condition, especially if you have had the complaint for some time, but you should hope to see at least some changes with chronic conditions by the third treatment. Once changes are made they tend to be long lasting.

Acute conditions can also be treated very effectively with Bowen technique and often a person only needs one or two treatments to see a big improvement or resolution.