

Bowen Therapy

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Bowen therapy works on fascia within the body. Fascia is a tough soft-tissue that surrounds every muscle and organ giving our bodies their structural form and shape.

Fascia holds water in like a sponge. Under physical or emotional distress, water is pushed out of the tissues causing dehydration and this normally lubricant-like solution turns to a more gel-like glue.

This can result in a binding of the soft tissue, poor posture, bio-mechanical failures and the inability to absorb shock.

Bowen Therapy strives to reverse this pattern by re-hydrating the fascia. It utilises gentle finger pressure on precise points of the body and is carried out through light clothing. On many occasions mechanical improvement is observed during the course of a treatment. For maximum effectiveness, it is essential that you drink plenty of water before and after treatment.