

# ISBT



# BOWEN

## What is it?

ISBT-BowenTherapy is a dynamic fascial and muscle release modality, with single, gentle cross-fibre moves being applied to specific muscles, tendons and ligaments to improve flow of blood, lymph and energy.

It is a minimalist approach to bodywork, without repetitive and often invasive action. It is especially effective for treating people with extreme trauma, the elderly and infants, where traditional methods are too rough and invasive. It has been used successfully to treat acute pain and sports injuries, and is one of the most efficient pain management techniques available today.

## Special offer:

1 session - €30  
4 session block - €100  
5 session block - €110



# THERAPY

## It treats:

- Low, middle or upper back pain or stiffness
- Neck pain or stiffness, including wry neck and whiplash problems
  - Shoulder or arm problems, eg. Carpal Tunnel Syndrome
  - Headaches, migraines, dizziness
- Sinusitis, eye, ear or nose and throat problems
  - Sciatica, pain in the groin, hip or buttock
  - Lymph and circulatory problems
- Asthma and other respiratory problems
  - Colic in babies
  - Visceral (organ) problems
- Degenerative conditions e.g. Arthritis, Multiple Sclerosis (MS), Parkinson's Disease, Fibromyalgia

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## The process:

During a treatment the practitioner applies gentle 'rolling' moves on very specific points on the muscles, tendons and ligaments. These moves are often applied in special Sequences. These initiate relaxation of the muscles, flexibility of the fascia and increased circulation of essential fluids and serve to bring about the often profound results positively affecting many conditions in the whole body.

At specific times during the treatment, the practitioner may allow the body to rest. This can be an important part of the treatment, when the body is given time to react. It also is a time to relax – the recipient may wish to 'tune-in' to how the body may be responding to the work.

***This special offer is exclusive to contributing members of the VIC STAFF Associations / Unions***