



Bowen Therapy

Symptoms that may be helped by Bowen include:

- Back pain and sciatica
- Neck and shoulder problems
- Sports injuries
- Frozen shoulder
- Painful joints
- Headaches and migraines
- Stress and tension symptoms
- Postural issues
- Chronic fatigue
- Generally feeling out of sorts



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What is Bowen?

The Bowen technique is deceptively light, often it feels like very little has happened – yet in fact it addresses the whole body, working on many levels including the physical, chemical, and psychological well-being of each client. The experience of treatment is subtle and relaxing. The treatment can be performed over light clothing if required.

Clients report the experience of pain relief, improvement of function and recovery of energy. From muscular pains and strains, to digestive imbalances, from migraine and headaches to respiratory problems the technique is successful at restoring your body to the balance and harmony of its original 'blueprint'. Often it only takes two or three sessions to get you there.

To read more about Bowen look at my website www.clarehuntertherapy.co.uk



Client testimonials:

"Clare has made considerable difference to my chronic pain levels. I have pain in my neck, which she has helped and increased the movement of. Also my hips, having had both hips replaced and they replaced again due to faulty prosthetics. The pain has lessened and she has given me confidence in my joints again. I feel very safe in her hands" Ms M

"As a runner my performance levels have improved using Bowen initially post injury and now as maintenance. Thanks Clare" Mrs W

"Despite my initial scepticism I have noticed more available movement in my shoulder and the pain has also decreased" Dr D.S

"The difference in my daughter is amazing, she has walked in a knock kneed posture for 40 years. Now, even following the first treatment she is walking so much better. She is able to take longer strides, her limbs are straighter and she has more energy. Thank you please book myself and my husband in" Mrs S

"Thank you my neck is sorted out, no more pain, headaches gone and full movement back. Amazing, thanks" Miss G



About Clare

I am a fully qualified Bowen therapist, insured and registered with both the Bowen Association and Complementary & Natural Healthcare Council. I discovered Bowen during a period of ill health and was so impressed with the results I decided to change career and learn the technique myself. Since then I have been helping people in the South West and North East with Bowen. I also offer equine myofascial treatments, a therapy similar to Bowen.

Either attend one of my clinics in and around Tiverton or book a session in the comfort of your own home. Children under 5 treated for free.

To discuss if Bowen may help you personally or to book a session.

Ring Clare 07977511217
www.clarehuntertherapy.co.uk

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