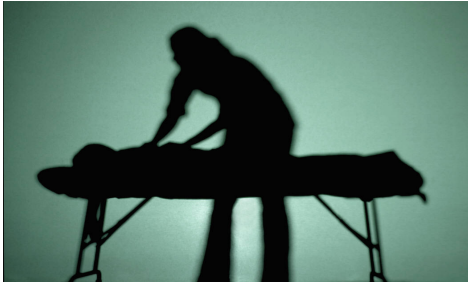


Bowen Therapy

Written by Administrator

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Bowen Therapy is available from Chandra Algard, LMP

During a Bowen Therapy session, the therapist will make a series of light, rolling movements on the patients muscles and tendons. This technique may improve circulation, increase mobility and flexibility, and promote drainage and detoxification of the tissues. This technique usually requires a series of 2-3 sessions for optimum results. Each session will last about 30-45 minutes. Because this technique is believed to encourage the body's innate healing ability, it can be helpful for a variety of conditions. Please call and ask for Chandra if you have any additional questions.