

Bowen Therapy Services & FAQs

The Balance Tree





WELCOME

Thanks for taking the time to download our **Bowen Therapy Services & FAQs**.

We are Jaye & Ricci Barros, married for over 30 years with 3 adult children and 3 grandchildren. Coming from Corporate backgrounds we now run our own online business to help others gain clarity, unlock their true potential and live their dream plan. We want this for you too!

Below is a general overview of the products and services we offer our Bowen clients along with the most frequently asked questions. If you would like more information then please contact us.

To book any of our sessions please go to www.thebalancetree.com.au

We know our strategies and techniques will help you improve your lifestyle, communication, and relationship with yourself and others so you can live a more balanced and effective life filled with success, love and happiness.

Jaye & Ricci Barros
Your Effective Life Team

BOWEN FAQs

What is Bowen Therapy?



Bowen Therapy, the Bowen Technique, BowTech®, or Bowenwork® is an holistic form of natural healing involving subtle moves, to specific points on the body, which send messages deep into the body, retrieving cellular memory of a preferred, balanced way of wellbeing. The technique addresses not only the musculoskeletal framework, but also the fascia, nerves and internal organs. The body's integrated response improves circulation and lymphatic drainage and aids assimilation of nutrients and elimination of toxins.

How does it work?

The therapist moves over muscles, ligaments, tendons, fascia and joints, in order to elicit a healing response in the body. During treatment, a stretch on the muscle is maintained for several seconds before the move itself is made. Some of the key points worked on relate to acupuncture meridians and trigger points enabling many areas of the body to respond and correct. In addition to the rebalancing of the Autonomic Nervous System (ANS) Bowtech® moves and procedures may reset the body to heal itself by activating, through the nervous and endocrine systems among others, the following mechanisms: stretch reflex, joint proprioceptors, fascia, lymphatics, detoxification.

How long is a session?

The first session is 90 minutes to allow time for client history and assessment prior to the Bowen Therapy session. Subsequent sessions can last between 30-60 minutes.

Quick answers ...

- Following the Initial Session it is recommended you follow up with 3 sessions 5-10 days apart. It will depend on the complexities of your condition, the period of time you have had it and your response to the sessions as to whether more treatments will be required.
- Wear comfortable, loose-fitting clothing. You will need to remove footwear and jewellery.
- There are 3, 6 and 12 session packages to help you keep your body "tuned-up" over the long term. Each package provides a discounted rate. *(NB: Packages can only be booked on site)*
- Bowen Therapy is gentle and suitable for all ages.
- Bowen Therapy does not hurt.

[Click here to book your Initial Consult](#)

BOWEN THERAPY

Initial Consult

The first session is 90 minutes to allow time for client history and assessment prior to the Bowen Therapy session. You will be asked a series of questions around your previous and current health and well-being experiences and concerns. You will also receive a postural assessment. Together we will discuss a course of action for subsequent sessions. Following the Assessment you will enjoy a standard Bowen Therapy Session.

Standard Adult Session

Following the Initial Consult it is recommended you attend three standard sessions 5-10 days apart. This gives both you and the therapist an opportunity to address your focus areas. As the body starts to relax and heal other areas may come to light that require attention. This will be discussed with you at each session.

3, 6 and 12 Session Packs

Many of our clients love to take up the 12 Session Pack as a monthly "tune-up". This is a great opportunity for you to discuss your current situation and be pro-active with your health and well-being. Of course, you are welcome to choose how you take each of your sessions - weekly, fortnightly or monthly. Each lasts the number of months of the pack (ie 3 Sessions/3 Months).

Booking

You can book your Initial Consult online - [click here to book](#).

Subsequent sessions can be booked in the Clinic during your visit or via phone/email/text.

WANT MORE ?

CHECK OUT OUR COACHING PACKAGES

EXPLAIN THE PAIN

A subset of Passion Purpose Plus, this Package combines Body Therapy and Life Coaching to help you gain clarity, discover the roadblocks to your success and the source of any emotionally triggered physical pain. You will discover your ideals around a specific area of your life then create goals and actions to deliver balanced and effective outcomes.

PASSION PURPOSE PLUS

This Package helps you unlock what's holding you back and investigates the emotional triggers to your physical pain. You will discover your Passion & Purpose, Genius Flow and Talent, identify your ideals, clear blockages, and create goals and actions for your Dream Plan. We also look at the triggers that send you into a downward spiral and teach you how to interrupt and reverse this negative pattern.

www.thebalancetree.com.au

