

# The Bowen Technique

What is the Bowen Technique?

A gentle form of body work in which very subtle moves performed over the muscles and connective tissue send messages deep into the body, retrieving cellular memory of a relaxed, balanced way of wellbeing.

How does it work?

The Bowen moves are light, gentle and very precise. There is no forceful manipulation.

The practitioners are able to discern stress build up in the muscles and other soft tissue, enabling them to perform specific Bowen moves to assist recovery and pain relief.

The practitioner can target a specific problem or address the body as a whole. Common conditions treated include:

- **SCIATICA**
- **FROZEN SHOULDER/TENNIS ELBOW**
- **BACK PAIN**
- **JAW PROBLEMS/TEETH PROBLEMS**
- **JOINT PAINS**
- **SPORTS INJURIES/REHABILITATION**
- **REPETATIVE STRAIN INJURY**
- **MIGRAINE/HEAD/NECK PAIN**
- **ANKLE/KNEE/HAMSTRING PROBLEMS**
- **ASTHMA/ RESPIRATORY CONDITIONS**
- **ADHA/DYSPRAXIA/ASPERGERS**
- **COLIC/GLUE EAR...and many other ailments.**

Applying other manipulative therapies during this time can interrupt this process and undermine the overall effectiveness of the Bowen work. It is therefore recommended that the client waits a week before commencing any other manual therapy. Results can be remarkable, even from the first session.

Bowen is a very effective stand alone therapy, but can be used together with Herbal Medicine.. You can experience the benefits of Bowen and Herbs at the Willow Herbal Centre.

[www.willowherbalcentre.co.uk](http://www.willowherbalcentre.co.uk)

# Fees

## Herbal Medicine

First consultation	£55.00
Second and subsequent consultation	£50.00
Herbal Medicines per 100ml	£ 9.00
Creams/Ointments per 30ml	£ 5.00
Teas/Dried herbs per 50g	£ 5.00
Dispensing fee for repeat prescriptions	£ 3.50

## Enquire about our Family Discount Rates

## Bowen Technique

First Consultation	£55.00
Second and subsequent consultation	£45.00



Willow Herbal  
centre

# Susan koten

M.N.I.M.H, M,R,C,H,M

Consultant Medical Herbalist  
In Chinese & Western Herbs



Willow Herbal  
centre

Willow Herbal Centre  
2, The Drive  
Harold Wood  
Essex RM3 0DU

**Telephone: 01708 381478**

[www.willowherbalcentre.co.uk](http://www.willowherbalcentre.co.uk)  
[enquiries@willowherbalcentre.co.uk](mailto:enquiries@willowherbalcentre.co.uk)

# Herbal Medicine

The knowledge that plants can cure disease is probably instinctive in man, and animals also seek out the appropriate herbs, whenever they are ill.

For thousands of years, medicine has depended almost exclusively on flowers, barks and leaves.

This vast knowledge has been passed down to the herbalists of today, and the remedies used have been tried and tested throughout history.

The following is a list of conditions that we treat most commonly:

- **ALLERGIES/HAYFEVER**
- **ARTHRITIS/RHEUMATISM**
- **ASTHMA/LUNG DISEASE**
- **CYSTITIS/URINARY DISORDERS**
- **DIGESTIVE & BOWEL CONDITIONS**
- **ECZEMA & SKIN DISORDERS**
- **HEART & CIRCULATION DISORDERS**
- **HIGH BLOOD PRESSURE**
- **INFECTIONS**
- **M.E. & CHRONIC FATIGUE**
- **MUSCULAR /SKELETAL PROBLEMS**
- **PMT/MENSTRUAL/MENOPAUSAL PROBLEMS**
- **STRESS & EMOTIONAL PROBLEMS**

**'HERBAL MEDICINE GENTLY AIDS THE BODY TO A BALANCED STATE OF HEALTH'**

# Appointments

A first appointment is usually made for one and a half hours and subsequent visits are approximately for three quarters of an hour.

If you are unable to attend, please give at least 24 hours notice. Whilst we are sympathetic to genuine difficulties, the consultation fee will otherwise be payable.

## **ALLERGY TESTING**

Some conditions are related to allergies to foods and chemicals and it is useful to determine the cause. The method used is applied kinesiology using muscle testing.

## **PRESCRIPTIONS**

Generally, the standard adult prescription requires 100ml of herbal medicine to be dispensed each week of treatment. Young children may only require half this amount.

Dried herbs for 'teas' may be prescribed together with tablets, capsules and ointments.

Prescriptions are dispensed on the premises at the end of each consultation.

Repeat prescriptions may be dispensed for existing patients without formal consultation, in which case a small dispensing fee is applied.

## **PAYMENT**

By cash or cheque at the end of each consultation.

Any items sent will incur postage and packaging charges.

If you are in genuine financial difficulties, please discuss without embarrassment, as arrangements may be made to assist you.

**PLEASE BRING YOUR BOTTLES BACK FOR RECYCLING**



# Willow Herbal Centre



Welcome to the Willow Herbal Centre, one of the largest and most successful complimentary health care clinics in South East Essex.

Susan Koten founded the Willow Herbal Centre in 2002, with the aim of providing a selection of complimentary therapists, who could work together in a natural, calming environment to help heal the mind, body and spirit of everyone who came for treatment.

It is fast becoming recognised as a centre of excellence in the complimentary health field, with an ever growing number of clients and patients coming through its doors.

Traditional Herbal Medicine is at the core of the clinic, but we also attract and maintain a high standard of other therapists.

Each one is highly qualified in their own professional field.

For details of all therapies, workshops and courses, see our website;

**[www.willowherbalcentre.co.uk](http://www.willowherbalcentre.co.uk)**

**Call us today!**

**01708 381478**

Outside of working hours, the answering service will be in use. Please use it and we will return your call as soon as possible.