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Father's day

In Australia Father's day is celebrated around the same time that the Royal Adelaide Show takes place in Adelaide. A coincidence? Perhaps ☺. As a thank you to all the Fathers and Grandfathers out there, and those men who are carers for others, I would like to offer you a half price treatment for the month of September. Just mention this offer when you next make an appointment. This offer applies to Bowen Therapy as well as massage treatments.

City To Bay



After sustaining permanent injuries in my neck and lower back from a major car accident nearly ten years ago, to be able to run in the City To Bay has been a personal challenge of mine. Admittedly it has been a long road, and thanks to Bowen Therapy but I am happy to say that for the first time in my life I was going to be participating in this event as a RUNNER! All 12 kilometers of it. As it turns out, my final assessment for Massage therapy will be on the same day, so I will not be running, as planned, but look out for me in the Mud Run later this year! (I know those photos will be funny!)

If you would like to share some of your stories since receiving Bowen Therapy please feel free to let me know and I am happy to publish them in my newsletters with your permission. I know there are many of you who have shed a tear of happiness after a treatment, and I am sure that others would love to hear your story.

Halloween

In some parts of the world Halloween is celebrated on the 31st October. People get dressed up in costumes and try to scare each other. I would like to share something scary with you. Most of my clients come to see me when they have exhausted every other treatment option. Some have come to see me as a last alternative before an operation, only to find that Bowen Therapy has helped them when other treatments have failed. Whilst I do not want to rule out other treatment options (after all, what works for some may not work for others), it scares me to see the number of people who are scheduled for operations when a few visits to a Bowen Therapist may have resolved the problem. So if you know of someone who is not getting any better ask them if they have tried Bowen Therapy before they try an invasive option. Bowen therapy before an operation





Aromatherapy

Aromatherapy is not just about smells!

Essential oils used in aromatherapy 100% pure organic essential oils not synthetic or fragrant oils that often cause headaches or allergies.

Aromatherapy has been around since the ancient Egyptians and today is one of the most popular complementary therapies. More and more people are turning to aromatherapy to enhance their lives. Not only is it relaxing, it has significant therapeutic values.

Depending on the oils used, it can have a anything from a relaxing, to an uplifting effect, soothe the muscles or clear a cold.

Certain oils are not recommended in pregnancy whilst others are encouraged, so it is important to see a qualified person when considering an aromatherapy treatment.

I am happy to be able to offer you aromatherapy massages from now on, and you can rest assured that I am appropriately qualified. My certificate (with a distinction I am proud to say) is displayed in my treatment room.

Book yourself in for a treatment to experience first hand what everyone is talking about!

Treatment Menu

Relaxation (Swedish) massage

\$30 half hour
\$60 full hour

Bowen Therapy

Initial consultation and treatment \$90

Follow up visits half hour \$30 full hour \$60

(You may be eligible for a rebate through your private health fund)

Aromatherapy Massage

Add \$10 to your choice of massage