

The Bowen Technique

The Bowen Technique is a dynamic system of muscle and connective tissue therapy that has been used for more than 40 years to successfully treat thousands of people suffering from a variety of illnesses. Developed by the late Tom Bowen, it is a unique system of gentle moves on soft tissue that stimulates energy flow, empowering the body to heal itself.

How it works: Bowtech consists of a series of precise moves that are light and can be done through clothing. The "Bowen Move" is a gentle challenge and release of muscle, tendon or nerve tissue. These movements stimulate the proprioceptors, (spindle cells and Golgi tendon organs) which detect changes in physical displacement. The body is then able to reprogram the feedback loop between the muscles and brain. During this process, the body enters a "Parasympathetic State" (Rest & Digest), so the treatment is deeply relaxing. There are frequent and important pauses between each series of movements to give the body time to assimilate and benefit from each.

What Bowtech does: Bowtech is a process that enables the body to regulate itself, and in the process eliminate many symptoms caused by complex blockages existing in the body. Simply stated, the Bowen Technique allows the body to rest and heal itself.

For more treatments check out our website!

The Ananda Therapeutic Massage Centre is more than a clinic; it is a holistic centre offering a variety of treatments to treat the body, mind and spirit. Our team of Registered Massage Therapists approach their disciplines with knowledge and passion, and seek to share their experience with the clients.

The term Ananda is a Sanskrit word meaning "Divine Happiness" or "Bliss". The clinic is an excellent mix of soothing atmosphere, warm, professional staff, and a variety of treatments for those wanting a little more bliss.

Rates

90 min	\$105
75 min	\$85
60 min	\$70
45 min	\$55
30 min	\$40

Rates include GST. We price treatments according to time, therefore multiple treatments may be available during one session.

There is an additional \$5 charge for premium treatments over and above massage therapy.

Gift Certificates Available

Ananda



Therapeutic Massage Centre

Online booking is available at
www.ananda.ca

221-2451 St. Joseph Blvd
Orleans, Ontario
613-830-1380

201-16 Beechwood Ave.
Ottawa, Ontario
613-744-4606

Treatments

Swedish Massage

Swedish Massage uses moderate to deep pressure, combining kneading, gliding movements and direct pressure to stretch and release muscles, tendons and ligaments. Massage aims to reduce pain, relieve chronic muscle tension, increase circulation, and promote relaxation and calm.

Reiki

The word Reiki means "Universal Life Energy". Reiki is a simple and natural healing method that transfers this energy through the practitioner and into the patient. The purpose of this treatment is to create balance in the body and harmonize the different systems. It is a very effective treatment in the relief of stress and anxiety.

Reflexology

Reflexology is a natural healing art based on the principles that there are reflexes in the hands and feet, which correspond to every gland, organ and part of the body. By applying pressure using thumb and finger techniques, Reflexology relieves tension, decreases stress, improves circulation throughout the body, encourages normal functioning of the organs, glands and muscles of the body and improves metabolism, digestion and sleep.

Craniosacral Therapy

A therapy that uses gentle manual pressure applied to the skull, spine, and membranes to restore rhythmic flow to the craniosacral system, which includes the brain, spinal cord, cerebrospinal fluid, and surrounding membranes.

Hot Stone Massage

Hot Stone massage involves the combination of Swedish massage techniques, and the application of heated and cooled stones to different areas of the body. It is a form of Geothermal Therapy used to relieve pain and stiffness, detoxify the body, and produce a state of profound relaxation.

Thermal Palms[©] Massage

A soft heat modality that allows the therapist to combine the benefits of heat with traditional massage techniques. An excellent technique for stiffness or muscle ache. The Thermal Palms can be molded to follow the bony contours of the body, thus allowing heat to reach these areas. The treatment may be relaxing or more vigorous depending on the client's preference.

Manual Lymphatic Drainage

Manual Lymphatic Drainage is a massage focused on the activities of the body's lymphatic system, such as the removal of harmful substances and the enhancement of immune function. Benefits of this technique are the reduction of minor edema, decreased water

retention (pregnancy, lack of mobility), decreased inflammation (sprains, strains, RSD, recent surgery), decreased restrictions from scarring, detoxification, relaxation and overall well-being.

Indian Head Massage

Indian Head Massage is a form of massage that focuses on the face, head, neck, shoulders and upper arms. The purpose of the treatment is to stimulate acupressure points and energy centres in these areas to help relieve tension and congestion. This treatment combines the physical elements of massage with Ayurvedic energy balancing. It can have profound effects on the body, leaving the client with a deep feeling of relaxation and well-being. An excellent technique for headaches, stress and anxiety.

Thai Yoga Massage

Thai Yoga Massage is an ancient technique based on the principles of acupressure, and involves the use of massage on specific points along the body, combined with Hatha Yoga type stretching. The purpose of Thai Yoga Massage is to stimulate the body's own recuperative powers by removing energy blockages through the manual stimulation of the energy lines. It is usually given over clothing, and the practitioner massages and stretches the client out on a large floor mat.