

Client Aftercare Leaflet

Whilst having a course of Bowen Treatments

- 7 days before and after a Bowen treatment do not receive other treatments e.g. Reiki, Reflexology, Massage, Physiotherapy as these will cancel out a Bowen treatment. Homeopathy and Bach remedies are fine as they complement Bowen.
- 5 – 10 days must be left between each Bowen treatment other than in cases of re-injury, pregnancy, terminally ill or brain damage.
- It is important to complete the full course of a Bowen treatment – usually a minimum of 3 treatments 1 week apart.
- **Water:** Drink frequent small amounts of water to avoid dehydration e.g. 100ml every 20 mins.
- **Walk:** On day of treatment, avoid sitting down for more than half an hour at a time (this includes driving). Walking encourages the removal of debris and toxins from the body.
- **Exercise:** Avoid exercise on day of treatment.
- **Footwear:** Avoid wearing high heels or exercising for 48 hours after having the pelvic procedure.
- **Hot Bath:** Avoid soaking in hot baths or using hot power showers during a course of treatments.
- **Direct heat products:** Avoid using any heat creams between treatments.

Avoid using products which are extreme opposites of temperature (e.g. hot water bottles, ice packs, electric blankets)
- **Side Effects:** It is not uncommon to feel flu symptoms or a headache after a Bowen treatment. This is your body going into a healing process and crying out for water. Drink extra water and symptoms usually improve within 48 hours.