

Bowen Aftercare

The day of your treatment

- **Drink extra water** today this will flush your system.
- **Go for a walk**, or four if you feel like it. Move lymph and around your body and gently stimulate your circulation. It's important to walk around every half hour.
- Change sitting positions regularly if you spend some time seated. Movement helps your body discontinue old patterns and process the new changes offered by Bowen. If you have a long journey home, stop occasionally, walk around the car, then get in and drive again. If you have to sit at a desk job, set a timer so you won't sit longer than 30 minutes.

The week following treatment

- **Drink plenty of water.**
- **Avoid extreme hot or cold.** Warm baths OK, but wait on the hot tub, sauna, ice pack, and heating pad, until you've finished your Bowen series.
- **Do any exercises you have been given.**
- For Bowen to be effective, **skip other bodywork** such as massage, acupuncture, osteopathy, chiropractic, physiotherapy until at least five days after your Bowen series is completed.

If these guidelines seem unimportant and you're tempted to let them slide because, what difference will it make anyway? Just remember that those little Bowen movements seem pretty inconsequential, too. Most of the healing work occurs after the Bowen session, not during it.

Bowen work builds on previous sessions.

Book your next appointment not less than 5 days and not more than 10 days out. A week is optimum.

Call me with feedback or questions.

Responses following Bowen sessions vary and occasionally include temporary stiffness, soreness or headache, hot or cold flushes, dizziness, tiredness, body aches and emotional releases are just some of the reactions experienced by clients. These are very normal. These will pass and are good signs that your body is listening and adjusting. But a relapse after a condition had appeared to be resolved may signal re-injury and the need for an immediate follow-up appointment.