

Client Aftercare Bowen Technique

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<http://www.totallybowen.co.uk>

Homeopathic, Aromatherapy & Nutritional Therapies compliment The Bowen Technique and are fine to continue.

If you are a regular user of other therapies: Body massage, Reflexology, Physiotherapy, Psychotherapy etc, or currently planning to undertake a therapy it is **extremely important** that you complete your Bowen course of three treatments (consisting of 3 weeks , one a week) **uninterrupted**. The Bowen therapy you receive inputs delicate patterns of manipulation into the body that shouldn't be overwritten by other therapies.

My analogy of this is... Imagine an artist who has just finished a portrait, once his back is turned another artist re-paint's it and so on until the original is unrecognisable.

It is important that after a Bowen treatment anyone who has driven a distance (more than 30mins) must pull over and walk around the car several times before continuing their journey. The sitting position is stressful to the body and will block the Neurological and circulatory pathways simulated by the treatment. This may sound crazy but it makes every difference to the results of the treatment.

We do ask you to avoid sitting for more than half an hour at a time especially with legs crossed on the day following your treatment. Standing and walking reminds the body it has under gone treatment and helps the healing process along.

Water - drink lots - we give you a glass of water to drink after your treatment.

Walk - The treatment has stimulated your system and your lymphatic system needs the help of your muscle pump action to help move these stimulated toxins with the aid of the water you are drinking.

Week - The optimum time for a second treatment is five to ten days. Seven being preferable. The body is making its own adjustments to healing process continuously.

Other "therapies" introduced during a course of your Bowen therapy, will cancel out the treatment completely, and may even have a reverse effect. This defeats the whole idea of your Bowen treatment and is advised against.

Look after yourself, it is not unusual to experience flu like symptoms for a couple of days following treatment. If so use "Rescue Remedy" from "Bach" consisting of flower extracts, available at your local pharmacy.

Please don't hesitate to call me or consult your doctor/GP if you are concerned by any events following a treatment.

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Summary of the Do's & Don'ts

Do's

Drink Lots of water

Do look after yourself , (don't get tired or tackle anything stressful physically or mentally)

Plenty of rest

Do plenty of walking

You should AVOID the below for the DURATION of the course of treatment

Don'ts

Avoid Commencing other therapies (before & after treatments)

Avoid sitting with your legs crossed (especially on the day following your treatment)

Avoid sitting for long periods of time (between treatments)

Avoid Hot baths & Hot hard power showers, (between treatments) short warm baths are fine

Avoid any deep heat creams (between treatments)

Avoid extreme opposites of temperature (Hot water bottles, bed heaters & ice packs etc)