



## **The Bowen technique**

**(Do's and don'ts with treatment)**

Please observe the following:

### **On the day of treatment:**

Please don't sit for more than 1/2 an hour at a time. This does not mean you have to spend all day standing up. If you stand and walk around the chair you were sitting on, and then sit down again, that is sufficient. Please don't forget this is you are in a car.

### **After or in between treatments:**

Drink plenty of water – little and often is best.

Do plenty of walking – at least 15 minutes a day.

Practice any exercise you may have been set.

Avoid the following (preferably for 1 week after treatment):

Sitting with your legs crossed.

Hot-water bottles/packs of frozen pea/ice packs etc...

Electric blankets.

Deep-heat rubs.

Long, hot baths – a warm bath for no longer than 10 minutes is ok

Hot, hard, showers – a power shower is out of the question. A gentle flow, not too hot is ok.

If the jaw has been worked on, you should avoid yawning. Please keep your teeth together or support your lower jaw with your hand if you feel a yawn coming on. Fruit/food Which requires a wide jaw movement (such as apples) should be avoided or cut up. You should also avoid hard food such as nuts and very chewy foods like toffees. However, it's a good excuse not to go to the dentist between treatments!

Any other form of treatment. This is very important. If you wish to have a massage, physiotherapy, or any other form of treatment, please wait until you have finished your Bowen treatments, and leave a minimum of two weeks from your last Bowen before embarking on something else.



Body-worker  
Gareth Wilkins

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You may feel stiff and achy after the treatment for a couple of days. Do not panic. This is normal and is your body trying to correct itself. If you are in a lot of pain please do not rub the area, but take a painkiller, Arnica or Rescue remedy if necessary. As Bowen works on the physical, emotional and mental levels some people have an emotional response to the treatment. If after 5 days you are still in a lot of pain, or you are worried, please feel free to call me.

A second treatment is recommended, and needs to be between 7 and 10 days after the initial treatment. Observing the above as much as possible will help Bowen to be effective. I hope you enjoyed your Bowen treatment and will find it beneficial.