

BOWENWORK CLIENT INSTRUCTIONS

Bowenwork is very subtle, so the work needs to be “nursed” a little in the days after the session. During this time, the body is still responding to and integrating the moves to aid the process of recovery to find your body’s natural balance and blueprint for optimal health & wellness. Following the instructions below will allow the integration to proceed unhindered and enhance the overall treatment.

ON THE DAY OF YOUR SESSION:

Drink plenty of water. This will help the body expel waste products.

Walk for at least 10 minutes. Strenuous exercise should be avoided. Gentle exercise like walking or swimming is fine.

Do not sit for longer than 30 minutes at a time without getting up and walking a few steps. This is important even if driving - stop and walk around the car. The body is trying to realign itself and if you remain seated longer than 30 minutes the body will want to go back to its old pattern and the treatment may be neutralized. You may lie down flat to rest or take a nap, without having to get up. Bowenwork will set in overnight while you sleep.

Be mindful as you go about the rest of your day to stand up with your weight evenly distributed on your feet, as you did after the treatment. This helps to maintain the balancing effect of the treatment on the body.

Avoid heat or ice application. No long hot baths, heating pads, hot yoga or ice packs.

DURING THE FOLLOWING WEEK:

Continue to drink plenty of water.

A gentle walk each day is recommended.

Allow time for the session to work. Bowenwork can take up to 10 days to be fully integrated.

The next session is best scheduled between 5 & 10 days later (a week is ideal). However, if you suffer a new injury or re-injury, it is advisable to come back as soon as possible. (Pregnant women with back pain may receive a Sacral Procedure on demand. Asthma sufferers may have the Respiratory Procedure on demand.)

Because of the subtlety of Bowenwork and the body’s continuing response to it, other forms of manipulative therapy (particularly massage or chiropractic) performed up to 4 days before or 5 days after a Bowenwork session may interfere with its effectiveness. For the same reasons, avoid hot tubs, hot yoga, hot or cold packs, long, hot showers, or dental drilling. Homeopathic medicines and remedies are fine.

It is helpful to communicate any changes your body experiences during the week following your Bowenwork appointment so your practitioner can tailor your next bowenwork session to meet your individual needs.

Contact me if you have any questions or concerns about the process your body is experiencing.