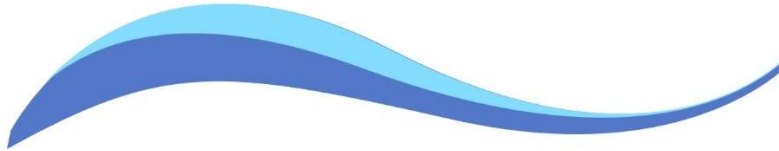


BOWEN ASSOCIATION UK



BOWEN THERAPY AFTER CARE

Hydration and movement

- **Drink water:** Drink plenty of still water, at least 5 glasses per day, to help flush toxins and support the lymphatic system. Warm water can be especially beneficial.
- **Stay mobile:** Move around and avoid sitting still for more than 30 minutes at a time on the day of the treatment. Simple walks are ideal.
- Practice any exercises that you may have been set.

What to avoid

- **Strenuous exercise:** For the first 2-3 days, avoid any strenuous activity or exercise your body isn't used to.
- **Heat and cold:** Do not apply ice packs or heat pads to the treated areas and avoid very hot or cold showers or baths for at least 48 hours.
- **Other therapies:** Avoid other manipulative therapies like massage, osteopathy, or chiropractic for about a week.
- **Hard or chewy foods:** If your jaw was treated, avoid hard or chewy foods for a couple of days to let the joint settle.
- **Crossing legs or sitting with objects in back pockets:** Be mindful of habits that can cause pelvic imbalance.

Possible reactions

- **Aches and fatigue:** Some clients may feel tired, achy, or have headaches as their body begins to rebalance. These are typically temporary signs that the therapy is working.

Other advice

- **Continue medication:** Do not alter any prescribed medication without consulting your doctor first.
- **Gentle exercise:** You can continue with any comfortable and gentle exercise you normally do, unless advised otherwise.