

# CARING FOR YOURSELF AFTER TREATMENT

- WATER:** Please try to drink at least 1.5lt (that's 2 ½ pints or about 6 glasses) of still water each day to keep your body sufficiently hydrated.
- MOVING:** On the day after your Bowen treatment try not to sit still for more than 30 minutes at a time - a little walk around the room to have a stretch is all that is needed to allow the Bowen to work best.
- RESPONSES:** Any response to your Bowen treatment is a positive sign that the healing process is working. Some of the things you may experience include thirst, tiredness, mood changes, headaches, hot or cold flushes, and body aches and pains. These could be viewed as old injuries or problems working their way out, or your body cleansing or realigning itself - this usually clears after a couple of days.
- EXERCISE:** You can continue with all your normal activities and take gentle exercise, unless otherwise advised, as long as it is comfortable to do so but avoid contact sports for 48 hours. Movement is good following treatment - but not excessive strenuous exercise or anything outside of your normal range.
- MEDICATION:** Do not alter any medication or diet that has been prescribed for you.
- HEAT/COLD:** Do not use ice packs or heat pads during a course of Bowen treatment and avoid very hot/cold baths and pools or saunas or sunbeds after treatment.
- OTHER THERAPIES:** During a course of treatment with the Bowen Technique do not receive another physical therapy such as reflexology, physiotherapy, osteopathy, chiropractic, massage, acupuncture etc., within seven days before or after your Bowen treatments. This is to ensure that the body is not overloaded with information or given differing therapeutic information to deal with at the same time.
- QUESTIONS:** If you have any questions or wish to discuss anything, please call me. If you reach my answer phone please leave a message and I will return your call as soon as I can.

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**Kate Eldridge** Cert ECBS, MSc, BSc (Hons), BHSAI

Meadow View  
Broad Street  
Black Torrington  
Devon, EX21 5PT

07887 862 505

[www.kateeldridgebowen.com](http://www.kateeldridgebowen.com)  
[kateeldridgebowen@gmail.com](mailto:kateeldridgebowen@gmail.com)

