



## The Bowen Technique Pre-treatment Information

A Bowen treatment involves light, gentle moves, applied to specific points on the body with frequent pauses throughout the session. These pauses allow the body time to respond to the work and begin the process of change.

During the session it's possible you may feel warmth, coolness, pressure, a tingling sensation during the session, or you may feel nothing at all but notice changes over the next few days. Feedback is valuable, so please to tell the therapist if you experience anything at all as it will affect the way the treatment continues.

### **General**

In order to obtain maximum benefit from your therapy, we do not recommend that you mix Bowen with other therapies as this could cause an adverse reaction through overloading you or undermine the efficacy of the Bowen.

For this reason, it is recommended that you do not undertake any other form of therapy either 7 days before, or 7 days after a Bowen Treatment.

As Bowen also works on an emotional level, please be aware that you may have an emotional response to this treatment - it is nothing to worry about and is quite normal.

### **Contra-indications**

A contra-indication is when your medical history, such as surgery, pregnancy or another condition indicates that it is not appropriate to use a particular Bowen procedure during treatment, or in some cases, to proceed at all.

In these circumstances your therapist will advise you, and for this reason it is important for you to be open and honest with us regarding your health.