

BOWENWORK4HEALTH CLIENT AGREEMENT

Offices @ 1 Crescent Court, So. Berwick, ME 03908

I look forward to cultivating a collaborative therapeutic partnership with you in service to your wellness goals. Whether you are experiencing a class, clinic, or private session, please observe the following guidelines for best results.

Questions: If you have questions, (before, during or after session), please call, text, or email and I will respond normally within 4-24 hours. Understanding and relating to how your healing body behaves during recovery, can help your healing experience.

Session attire: Light cotton t-shirts, shorts, sport bras, and comfortable socks are encouraged for sessions. Please avoid jeans, sweatshirts, spandex and bulky fabrics. I keep a supply of laundered shirts & shorts in a range of sizes, if needed. Clients may bring shorts/t-shirts to change into before the session.

Hydration: with 1-2 glasses of water prior to arrival. Ample hydration aids in post session unwinding.

Homework: If home care strategies or actions are recommended, please honor these recommendations as they are designed to enhance your healing results.

Home Care (walk, water, wait): A common recommendation following treatment to support decompression and fascial unwinding is the “walk, water, wait” approach. Move on the hour, hydrate on the hour, and when experiencing unwinding symptoms, allow 15 minutes to WAIT while observing sensations as they pass through your body. This is both common and an indication that the “work” is working to help remodel tensional forces that affect body system efficiency. Unwinding can last up to 10 days following a session.

Punctuality: Please be on time for all sessions and classes. Since the onset of pandemic precautions, I will come out to greet you in your car at the exterior entrance, once all room prep, cleaning, and sanitizing have been completed. Whether fully vaccinated or not, I ask that you observe any added precautions necessary based on my home office environment, at the time of treatment.

Cancellations, Missed, or Late Arrivals: Free 48-hour cancellation. Cancellations of less than 48 hours carry a 50% session charge to valid CC#. Full payment is expected on the day of missed appointments. Late arrivals beyond 15 minutes, may require rescheduling based on client scheduling on a given day. Judgment will be reserved to rescind services for chronic cancellations, rescheduling, late arrivals, and missed payments.

Payment: Prepaid packages cover scheduled sessions at the time of purchase. Any rescheduling of prepaid sessions will have to be done at the convenience of your practitioner. Please make every effort to meet prescheduled sessions, as a courtesy to your fellow clients and your practitioner.

Mixing Treatments: It is strongly discouraged by the American Bowen Academy, to mix additional manual therapies within *(5) days before or (5) five days after* a Bowenwork treatment. It has been shown that excessive manual treatments, too close together, can overwhelm and/or stall healing results. Individual results may vary greatly according to the baseline health of everyone.

Activity after Sessions: Gentle restorative walks, gentle yoga, deep breathing, journaling, and mild stretching support optimal unwinding following treatment.

* Thank you for choosing **Bowenwork4Health** and I look forward to supporting your health!

CLIENT NAME/ADDRESS: _____

EMAIL: _____ **PHONE:** _____

Contract Renewal: _____ (annually/first session date) **Payment:** _____

Client Signature: _____

Payments: [Cash](#) | [Local Checks](#) | [VISA/Mastercard](#) | [Venmo](#) | [Square-Up](#) | [FSA/HSA Cards](#)

HSA/FSA Plans: [Invoices can be created for clients' reimbursement following Bowenwork sessions, upon request.](#)

Office Address:

Bowenwork4Health Studio

Lisa Bennett Toole, Bowenwork Practitioner & Associate Instructor

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