

# Sore today, strong tomorrow

ORDER NOW

## Don't let pain spoil your clients' sport!

Post-training recovery is vital to any athlete's fitness programme, especially if a painful musculoskeletal injury is involved.

For those who enjoy running or sport at any level, muscle strain, a sprained ankle joint or swollen knee can interrupt training and affect motivation.

The importance of self-care should not be underestimated, as a valuable complement to advice and treatment from healthcare professionals.

Treatment of choice for many is Bexters Crystals, a natural, safe and effective way to reduce swelling (using our purpose-designed applicator wrap) and relieve aches and

pains by adding them to a bath after exercise, training or performance. Sports physios and clients also report positive results when it comes to post-operative rehabilitation, reducing swelling to enable a faster return to fitness.

Available exclusively in the UK and Europe from Bowen Supplies by Helen, our award-winning Bexters crystals are simple to use at home in between clinic visits to enhance treatment. Retail sales will boost business revenue and help strengthen client loyalty. Ensure a regular supply by opening a trade account to take advantage of lower prices.



Applicator wraps  
£12 - £14

200g  
Price: £3.50  
(RRP £6.99)



800g  
Price: £9.00  
(RRP £13.95)



[www.bowensuppliesbyhelen.com](http://www.bowensuppliesbyhelen.com) | +44 (0)1733 555476