THE SERENE SOURCE · FREE GUIDE

03
Client Aftercare Template Pack

Fill-in aftercare notes and follow-up wording to extend the care beyond the session.

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The hours and days after a session are when integration happens. A simple aftercare note helps clients understand what they may feel, and reminds them you are still holding them in mind.

Copy these templates into your email tool or print them as cards. Fill in the blanks and soften the wording to match your voice.

Template: After-session care note

Hand this over or email it the same day.

- [ ] Thank you for our session today, [Client name]. It was a joy to work with you.
- [ ] In the next day or two you may notice [tiredness / vivid dreams / emotional release / lightness]. This is a natural part of integration.
- [ ] To support yourself, try to [drink plenty of water / rest / spend time outdoors / journal].
- [ ] Today we focused on [intention or area]. A gentle practice to continue at home: [practice].
- [ ] If anything comes up that you would like to share, you can reach me at [email or phone].
- [ ] With warmth, [Your name]

Template: Three-day check-in

A short, caring message that rarely goes unanswered.

- [ ] Hi [Client name], I have been thinking of you since our session on [day].
- [ ] How have you been feeling? There is no need for a long reply; a word or two is perfect.
- [ ] If it feels right, your next session could be around [suggested timing]. You can book here: [booking link].
- [ ] Warmly, [Your name]

Template: Rebooking invitation

Gentle, never pushy.

- [ ] Hi [Client name], it has been [number] weeks since we last worked together.
- [ ] Many clients find that a session every [timeframe] helps them stay grounded and steady.
- [ ] If you would like to continue, I have openings on [days]. Book here: [booking link].
- [ ] And if now is not the time, that is completely fine. My door is always open.

Template: Testimonial request

Ask after a client shares something positive.

- [ ] Hi [Client name], thank you so much for your kind words about our work together.
- [ ] Would you be comfortable with me sharing a few lines on my website? I can use your first name only, or keep it anonymous.
- [ ] A sentence or two about how you felt before and after is perfect.
- [ ] Please say no if you would rather not. It will not change a thing between us.

Aftercare suggestions you can offer

Choose those that suit your modality.

- [ ] Drink water throughout the day
- [ ] Rest, and keep the evening gentle if you can
- [ ] Take a warm bath with salts
- [ ] Spend a few minutes outdoors with bare feet on the earth
- [ ] Write down any dreams, images, or feelings that arise
- [ ] Avoid heavy meals, alcohol, or intense exercise for the rest of the day

A gentle next step

Aftercare is where trust deepens. A few kind words, sent at the right time, keep the connection alive.

Want this done for you? The Serene Source offers ready-made client forms, starter kits, and landing pages for holistic and energy practitioners.

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