

AFTERCARE & CLIENT INFORMATION

MY APPROACH TO TREATMENT

My approach is based around minimal necessary intervention. Rather than assuming that more pressure, more movement or more input produces a better result, I aim to use the least amount of intervention necessary to support a useful response.

Treatment is therefore adapted to you, your body and how you are responding on the day.

Depending on the type of appointment, this may involve gentle or more focused touch, small movements, changes in position, guided movement, exercise, relaxation, attention or simply allowing time for your body to respond before introducing anything further.

Where appropriate, I work in a body-led and client-led way. This means that your comfort, feedback, preferences and responses help determine the direction, pace and intensity of the session. You are encouraged to communicate what you notice, and you can ask to pause, change or stop any part of the treatment at any time.

I do not believe that treatment needs to be painful, forceful or physically demanding in order to be useful. Movement does not need to be large, and manual treatment does not necessarily need to involve deep pressure. Sometimes a very small amount of input is sufficient.

Where spontaneous or intuitive movement forms part of a session, movement is invited rather than imposed. There is no movement, sensation, emotional response or other experience that you are required to produce.

My aim is to work with the information your body and your feedback provide, rather than applying a predetermined treatment irrespective of your response.

Treatment may therefore look different from one appointment to another, even when we are working towards the same overall goal.

Supporting you after your treatment

This guide provides general aftercare information for treatments and sessions provided by Holly Fisher known as Hollyanna Vellichor/ Bee's Journey Wellness.

Please read the sections relevant to the treatment or session you have received. Your individual needs may vary, and where I have given you specific advice during or following your appointment, please follow that advice alongside this guide.

GENERAL AFTERCARE

People respond differently to treatment. Depending on the type of session you have received, you may notice temporary changes in how your body feels, moves or responds afterwards.

You may feel relaxed or tired, notice changes in muscular tension or mobility, experience some temporary tenderness following physical treatment, or simply notice that your body feels different from usual.

After your appointment:

- Give yourself reasonable time to respond and recover from treatment.
- Maintain your normal hydration and nutrition.
- Move gently and normally where comfortable rather than feeling that you need to remain completely inactive.
- Avoid deliberately testing a sore or recently treated area with unusually strenuous activity.
- Follow any specific exercises, movements or observations discussed during your appointment.
- Do not force an exercise, stretch or movement that produces significant or increasing pain or feels inappropriate for you.

Not experiencing any particular sensation or response following treatment does not mean that the treatment has or has not been effective.

MASSAGE, SPORTS MASSAGE & MANUAL THERAPY

Following massage or manual treatment, an area that has been worked may temporarily feel tender, tired, warm, heavy, mobile or simply different.

This will vary according to the treatment performed, the tissues involved, your existing symptoms and your individual response.

Following treatment

Return to normal activity according to how you feel.

Gentle movement can be useful, but there is no need to aggressively stretch, exercise or repeatedly test an area simply because it has been treated.

If you have been given rehabilitation exercises or movements, perform these according to the instructions provided.

Temporary muscular tenderness can occur following physical treatment. Significant, progressively worsening or otherwise concerning symptoms should not automatically be attributed to your massage or treatment.

MOVEMENT, EXERCISE, REHABILITATION & YOGA

Exercise and movement should be performed within a range that you can comfortably control unless you have specifically been instructed otherwise.

When practising movements between appointments:

- Prioritise quality and control over intensity.
- Build load, duration and range progressively.
- Allow appropriate recovery following unfamiliar or demanding activity.
- Pay attention to changes in symptoms during and after activity.
- Modify or stop an exercise that causes sharp, severe or progressively increasing pain or other concerning symptoms.

Some muscular fatigue or delayed muscle soreness can occur after unfamiliar exercise.

The purpose of rehabilitation is not necessarily to avoid every sensation. However, exercises should not simply be pushed through irrespective of your body's response.

If I have asked you to observe a particular movement, symptom or pattern between appointments, these observations can be useful at your next session.

BIO CODING & BODY-LED SESSIONS

Bio Coding sessions may involve body awareness, guided attention, movement, touch, breathing, imagery, relaxation techniques and spontaneous or self-directed movement according to the individual session.

Following a session, you may notice changes in bodily awareness, movement, muscular tension, energy, emotions or internal sensations. You may equally notice very little immediately.

There is no particular response that you need to create, reproduce or maintain.

Allow your body to settle naturally after the session and return to normal activities according to how you feel.

Where spontaneous movements arise outside a session, there is no need to amplify or force them. Remain within an environment and position in which you can move safely.

If you have been given specific observations, movements or practices to explore between sessions, use these as discussed.

REIKI & RELAXATION-BASED BODYWORK

Following Reiki or relaxation-based work, you may feel relaxed, tired, alert, reflective or emotionally different from how you felt before the session.

Responses vary considerably and there is no particular experience that you are expected to have.

Give yourself time to reorient after a deeply relaxing session. If you feel unusually drowsy or distracted, wait until you feel normally alert before driving or undertaking an activity requiring full concentration.

There is no need to interpret, reproduce or deliberately maintain sensations experienced during your treatment.

HYPNOTHERAPY

People can respond differently following hypnotherapy. You may feel relaxed, energised, thoughtful, tired or emotionally reflective, or you may simply feel much as you normally do.

Give yourself a little time following the session to become fully reoriented before returning to activities requiring concentration.

If you feel drowsy or unusually distracted following a session, do not drive or operate machinery until you feel normally alert.

You may notice thoughts, memories, dreams, emotions or new perspectives following a session. There is no requirement to analyse everything that arises.

If you have been given a recording or specific practice to use between appointments, follow the instructions provided with it.

Hypnotherapy does not replace appropriate medical or psychiatric assessment or treatment where this is required.

ONCOLOGY MASSAGE & SUPPORTIVE BODYWORK

Oncology treatment is adapted according to your current health, diagnosis, medical treatment, symptoms, treatment history and how you are feeling on the day.

Your medical circumstances can change during cancer treatment, so please keep me informed of relevant changes before subsequent appointments, including:

- surgery or procedures
- chemotherapy, radiotherapy or other systemic treatments
- changes to medication
- infections or fever
- wounds or changes in skin integrity
- blood clots or suspected blood clots
- lymph node surgery or lymphoedema
- ports, PICC lines, drains or other medical devices
- new, unexplained or significantly worsening symptoms
- changes in advice or restrictions from your oncology team.

Continue to follow the advice provided by your oncology and medical teams regarding your cancer treatment, medication, infection precautions, wounds, lymphoedema, exercise and other medical considerations.

New or concerning symptoms should be discussed with your oncology or medical team rather than assumed to be a consequence of complementary therapy.

Complementary therapy is supportive and does not replace cancer treatment or oncology care.

PREGNANCY & POSTNATAL TREATMENT

Massage, movement and other treatments during pregnancy are adapted according to your stage of pregnancy, comfort, health and individual circumstances.

Please tell me about relevant changes to your pregnancy or health before treatment, including any new complications, medical advice or restrictions.

Positioning may be modified for comfort and safety.

Take your time when changing position or standing after treatment, particularly if you have been lying down for some time or feel light-headed.

Continue to follow advice from your midwife, obstetrician, GP or maternity team regarding pregnancy, exercise, medication and pregnancy-related symptoms.

If you develop new, unusual or concerning pregnancy-related symptoms, contact your maternity team or appropriate healthcare service rather than assuming that they are a normal response to treatment.

Following birth, please tell me about your delivery, recovery, wounds or surgery, complications and any ongoing medical care so that treatment can be adapted appropriately.

CHANGES TO YOUR HEALTH

Please keep me informed of relevant changes to your health between appointments.

This includes new diagnoses, injuries, operations, pregnancy, medication changes, significant new symptoms or changes to an existing condition.

Something that was appropriate during a previous appointment may need to be modified if your circumstances have changed.

Where necessary, treatment may be adapted, postponed or I may recommend obtaining appropriate medical assessment before proceeding.

WHEN TO SEEK MEDICAL ADVICE

This aftercare information relates only to the usual responses associated with the treatment you have received.

Medical symptoms, changes in an existing health condition, illness or injury may occur independently of your treatment and should not be assumed to be a treatment response simply because they occur within the same period of time.

If you experience symptoms that are severe, unusual, rapidly worsening or otherwise concerning, seek appropriate medical assessment rather than attempting to interpret them as part of your treatment or aftercare.

For urgent or potentially life-threatening symptoms, contact the appropriate emergency medical service.

I am happy to answer questions about the treatment provided and its usual expected responses. Assessment or diagnosis of medical symptoms, including symptoms arising independently of treatment, should be obtained from an appropriately qualified healthcare professional.

I think that's substantially better because it doesn't introduce the idea that your treatment *causes* alarming symptoms in the first place. It establishes two separate categories: treatment aftercare and independent medical events.

YOUR INDIVIDUAL AFTERCARE

General written guidance cannot account for every individual treatment.

During your appointment I may therefore give you additional advice relating specifically to your presentation, treatment or goals either verbally or in writing. This might include:

- exercises or movements
- temporary modification of activity
- things to observe between appointments
- positioning or self-management strategies
- progression or regression of exercise
- recommendations regarding further assessment or another healthcare professional.

Please follow individual instructions as discussed and ask if you are uncertain about anything you have been given.

QUESTIONS AFTER YOUR APPOINTMENT

If you have questions about your treatment, exercises or aftercare, please contact me.

Aftercare information can be requested at any time and the current version of this guide can be downloaded from the website.

Please remember to tell me about relevant changes to your health before your next treatment.

Hollyanna Vellichor

Bee's Journey Wellness

Aftercare & Client Information Guide

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This document provides general aftercare information and does not replace individual medical advice, diagnosis or treatment.