

What you should know before your acupuncture treatment.

This sheet aims to inform and cover any queries you may have before attending for their first acupuncture appointment.

- The first appointment will last approximately 1½ hours.
- A detailed medical history will be taken.
- Please bring a list of any medications or supplements.
- The Acupuncturist will often check the pulses on your wrists during the course of the treatment.
- Access to all areas of the body may be required, so wearing loose clothing to your appointment is recommended.
- Please avoid large meals before an appointment.
- Each needle is very fine, sterile and disposed of straight after treatment.

The acupuncturist is very friendly and is fully trained and experienced. Each treatment will be discussed with you at the beginning of your appointment.

Please note: We require at least 24 hours notice of any cancellations, otherwise you may be charged in full.