

Before your first acupuncture session please consider the following:

- many commonly used acupuncture points are located on the lower arms and legs, so it is helpful to wear clothing that allows easy access to these areas.
- try not to go for treatment on an empty stomach or straight after a heavy meal.

1st consultation	140 CHF
additional consultations	125 CHF



Your first consultation:

During your first visit we will talk about your main complaint and your general health and lifestyle. This involves asking questions about your current symptoms and your medical history, as well as such things as your sleeping pattern, your appetite and digestion and your emotional wellbeing. I will also take your pulse on both wrists, look at your tongue and if necessary, may also feel for areas of muscular tension or pain.

Your first consultation and treatment will usually last up to 60 minutes.

Treatment Plan:

Based on all information you have given I will make a diagnosis and put together your treatment plan. This may include lifestyle and dietary advice, as well as acupuncture. I will then use very fine, single-use, pre-sterilised needles to stimulate specific acupuncture points on your body. Because energy meridians range across the whole body the points used are not necessarily close to where you experience pain or discomfort. For example, if you suffer from headaches needles might be inserted into your foot or hand.

