



PATIENT GUIDELINES

Welcome to the Garden Room and Quay Place. The aim of these guidelines is to make booking and treatment as straightforward as possible for you.

Whilst a one-off session will be a wonderful experience, the benefits of Naturally Lift Facial Massage can be enhanced when enjoyed as a course of treatments. My usual recommendation is to aim for four consecutive sessions in the first instance (weekly if possible), with a review at the end of the fourth session.

It is recommended that Stress-Reduction Facial Massage be carried out at regular intervals, eg monthly.

Because my practice is busy, I suggest you book further sessions at the time of your initial consultation so that you can arrange appointment times most convenient to you.

Treatments will involve manual palpation but NO NEEDLES or oils, unless specifically requested. It will not be necessary for you to remove any items of clothing but it would be helpful (but not essential) for you to remove make-up, jewellery and face/ear piercings prior to the appointment.

The treatment is suitable for men and women and there are no health contraindications, although disclosure of any ongoing medical conditions is helpful (eg high blood pressure, diabetes). Treatment is not recommended within 12 weeks of any cosmetic surgery, botox or dermal fillers.

Treatment duration is ONE HOUR, but please allow an additional 15 minutes for an initial brief health assessment prior to commencement of treatment. Please note that all personal information is held in strictest confidence.

To maximise the benefits of treatment, it is advisable that afterwards you avoid strenuous exercise and alcohol. It is also best to avoid driving any long distance immediately after treatment. It is highly recommended that you drink 2-3 glasses of water or caffeine-free tea over the following 6 hours after the appointment.

As an Acupuncture Practitioner, I adhere to a nationally recognised code of ethics as set out by The British Acupuncture Council. I undertake ongoing CPD and also receive regular Clinical Supervision of my work.

CHANGING AN APPOINTMENT

I understand that sometimes it is unavoidable that appointments need rearranging. I respectfully request a minimum of 48 hours notice of cancellation, without which the full fee will be charged. This serves to enable you to prioritise your time towards looking after yourself and to reinforce your commitment to treatment.

FEE INFORMATION

Facial Massage – all treatments £35 (initial treatment 75 minutes, follow-up one hour)
Payment may be made by debit/credit card (Visa, Maestro, American Express); Pay-a-Contact (to 07918 145399); PayPal or cash.

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