

# Welcome

## Instructions for Acupuncture, Thai Bodywork and Zero Balancing:

1. What to wear: For acupuncture, bring shorts or wear loose-fitting clothes. For Thai Bodywork and Zero Balancing, bring or wear loose or stretchy long pants and a comfortable shirt (long or short sleeved).
2. Try to arrive a few minutes early to ensure a relaxed visit. If you arrive very late your appointment will be fit into the available time schedule, in order not to inconvenience other clients.
3. Please eat a light meal before your treatment. A lack of food or sleep has on rare occasions been known to result in a brief condition of fatigue, nausea and possibly fainting. Avoid alcoholic beverages for the day and night following treatment.
4. If you have a pacemaker, varicose veins or a bleeding disorder please notify us prior to any treatment.

## Financial Policy:

Payment in full is due at the time of service – cash, check or credit/debit card.

Acupuncture is \$95 for the initial session and \$75 for follow-up appointments. The initial acupuncture session takes about 1 hour 45 minutes. Follow-ups take one hour. For adjunct modalities that require added time such as moxabustion, cupping, local Tui Na/Asian bodywork, “double” treatments (i.e. front and back), etc, addition charges ranging from \$5-\$35 may be applicable. Clients will not be charged without consent.

Pediatric sessions are \$35 and last 20-30 minutes.

Thai Bodywork is \$110 for 90 minutes and \$140 for 2 hours.

Zero Balancing is \$75 per session which takes approximately 45 minutes.

## Cancellation Policy:

Please call *at least* 48 hours in advance if you need to cancel or reschedule an appointment in order to allow adequate time for other clients to be scheduled. I charge full price for appointments missed or cancelled without providing 48-hour notice, except in the case of an emergency. Thank you for respecting my time.

## Public Safety Policies:

In order to provide for maximum safety, I use sterile disposable needles on all clients.

## Location:

My office is in the Omnium Gatherum building at 65 Pearl Street in Burlington. It is located on the corner of Pearl and Pine Streets, directly across the street from Bove’s Restaurant. My office is on the lower level, beneath Linda’s Sew Unique.

## Parking:

Directly across the street, behind Bove’s, there is a parking lot with meters that cost a quarter for 30 minutes. The meters on the street give you 20 minutes per quarter. Sometimes there are free spots available on Pine, right along the building. You can park for free in the parking lot at Cathedral of the Immaculate Conception on Pine St. in the afternoon when their masses are not in service. During services they have orange cones blocking the lot. Also, the mall parking garage is just a block away (Pine and Cherry) and is free for the first 2 hours.