

# 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 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:

Acupuncture & Chinese herbal medicine:

Initial session (2 hours) – \$185

Follow-up sessions (50 minutes) – \$85

Chinese herbal medicine online or in person consultations:

Initial session (60 minutes) – \$165

Follow-up session (30 minutes) – \$85, (15 minutes) – \$45

Herbal medicine is approximately \$20-30 per week

Pediatric sessions:

Shonishin for babies & toddlers (20 minutes) is \$55

Shonishin/acupuncture for bigger kids (50 minutes) is \$85

Zero Balancing (35 minutes) is \$85

Delux session = Acu + mini Zero Balancing (75 minutes) is \$125

Thai Bodywork (75 minutes) is \$125

For adjunct modalities that require added time such as moxa, cupping, local Tui Na/Asian bodywork, “double” treatments (i.e. front and back), etc, addition charges ranging from \$15-55 may be applicable.

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

## 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 \$35 for appointments missed or cancelled without providing 48-hour notice, except in the case of an emergency. Thank you for respecting our time.

## Public Safety Policies:

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

## Location:

The office is located 4 blocks north of Church Street at 161 North Street in Burlington.

Please see the [Contact and Location page](#) on my website to view a map.

## Parking:

There is a parking lot behind the building that is available for clients. Thanks.

Enter through the front gate or park behind and come in through the back gate.

Welcome.

[www.VermontAcupuncture.com](http://www.VermontAcupuncture.com)