

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:

Acupuncture is \$125 for the initial session and \$75 for follow-up appointments. The initial acupuncture session takes at least 1 hour 30 minutes. Follow-ups take approximately one hour.

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 \$5-\$35 may be applicable. Clients will not be charged without consent.

Pediatric sessions are \$45 and last 20-30 minutes.

Thai Bodywork is \$125 for 90 minutes and \$160 for 2 hours.

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

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 my time.

Public Safety Policies:

In order to provide for maximum safety, I 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. Enter through the front gate or park behind and come in through the back gate. Welcome.

Parking:

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

www.VermontAcupuncture.com