



WHITE WILLOW ACUPUNCTURE
five element acupuncture & holistic healing

NEW PATIENTS

Your first visit

Everything you need to know before your first appointment at White Willow.

What happens

- 1 **A proper conversation.** Your first appointment lasts up to 1½ hours. Nathan asks about what's brought you, your health and history, sleep, digestion, energy and mood.
- 2 **A traditional diagnosis.** He may take your pulses at both wrists and look at your tongue, and notice the subtle signs that point to your element.
- 3 **Your first treatment.** You'll rest comfortably on the couch, covered with a blanket.
- 4 **A plan.** Before you leave, you'll talk about what comes next and anything you can do at home.

Prices

- First consultation and treatment: **£45** (up to 1½ hours)
- Treatment: **£30** (45 to 60 minutes)
- Top-up: **£15** (up to 30 minutes)
- Facial acupuncture: **£65**, then £40
- Micro-needling: **£110**, then £80

Finding us

Canalside clinic, 376 Alderman's Green Road, Coventry CV2 1NN.

Strictly by appointment. The clinic is a private treatment room attached to Nathan's home. You'll be given directions and parking details when you book. Please arrive at your booked time.



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PREPARING

Before you come

What to wear

Loose, comfortable clothing that rolls up to the knee and elbow. You'll always be covered with a blanket.

Eating

Have a light meal a couple of hours before. Try not to come very hungry, straight after a big meal, or after alcohol.

Does it hurt?

Acupuncture needles are solid and hair-fine. Most people feel a light prick or nothing at all, then perhaps a dull ache or tingle. Many find it deeply relaxing.

Tell Nathan if...

You're pregnant or might be, take blood thinners, have a pacemaker, a bleeding disorder, or any condition you're being treated for.

Medication

Keep taking anything prescribed and keep your GP involved. Acupuncture can sit alongside conventional care.

Afterwards

Take it easy for the rest of the day if you can. Mild tiredness or a small bruise is normal and passes quickly.

Cancellations: please give at least 24 hours' notice. Late cancellations may be charged at 50% of the fee, and missed appointments at the full fee. Emergencies happen: just let us know.

Book or ask a question

Call or WhatsApp **07799 904918** · info@whitewillowacupuncture.co.uk

Mondays and Thursdays, daytime and evening. Other days by arrangement, including late clinics and weekends.