

the well

a community space for
yoga & the healing arts



3711 Old Columbia Pike
Ellicott City, MD 21043
(410) 418-8944
EllicottCityWellness.com

Five Element Acupuncture Treatment Information and What to Expect

Welcome! We are honored in being a partner on your wellness journey and excited to share, with you, this profound healing art! We are at hand to answer any questions that may come up and we are here to support you. Following is some basic information that will help get things started.

- Your first session can last up to two hours, during which time you have the opportunity to speak at length about your health concerns, questions and goals. Your practitioner will talk with you about your medical and social history and perform a physical exam, and in some cases, an acupuncture treatment. This exam is to evaluate the balance of energy in your body and provides your practitioner with information necessary to treat you safely and appropriately. The exam is different from a physical done by a doctor.
- The first and subsequent visits will involve the insertion of acupuncture needles often accompanied with the use of an herb called moxa. Moxa is used on the skin to warm the acupuncture points and nourish the body's energy (known as qi). Your practitioner will select a treatment for the day based on your concerns, goals and pulse readings. Please allow approximately one hour for each of these treatments.
- The acupuncture needles are extremely fine, approximately the thickness of a hair. We use only sterilized, pre-packaged needles that are disposed of after each use. Every individual has a unique interpretation of what the movement of qi by the needles feels like. Some common sensations are tingling, heat, electricity, or tickling. Most patients report little or no discomfort. Generally only two to six needles are used during each treatment. - For those who decide that the needles are not for them, we gladly offer acupressure and Plant Spirit Medicine as an alternative. Acupressure works by stimulating the points with finger pressure rather than with the needle.
- Initially you will be seen weekly in order to establish a comfortable harmony, which can sustain itself between treatments. Once this happens, usually after six to eight weeks, treatments will be spaced out to every other week, once a month, or longer. All visits are strictly confidential.
- Please pay at the time of your visit. We accept cash, personal checks and credit cards. Note: Please feel free to discuss any financial concerns with your practitioner prior to or during your first visit.
- Regarding insurance - Upon your request we can provide receipts which you can send to your insurance company for reimbursement. Please ask us for the details.
- If you must cancel an appointment please give 24 - hour notice. The full fee is paid for cancellations made without 24 hours notice. There is no charge for last minute emergency cancellations (i.e. snowy weather) If you need to urgently cancel please call (410) 418-8944.

**Do not hesitate to call us at (410) 418-8944
before your visit or at any time during your treatment.**