

Your First Visit

We look forward to welcoming you to our clinic! On your first visit, please arrive 10-15 minutes before your appointment to allow time for paperwork and orientation to the clinic. Of course, you are always welcome to arrive early to any appointment to relax and enjoy a cup of tea before your treatment.

All first visits include a consultation, which takes approximately 15 minutes. During the consultation, you and your provider will review your health history, conditions, current care plan and concerns and goals for treatment. Your provider will then develop and recommend a treatment plan for you, which will specify the number and frequency of treatments, as well as which modalities are recommended. Please let your provider know if you have any concerns or questions about your treatment plan, for example, if you don't think you can come as frequently as recommended, if you know that you will be unavailable during certain days/weeks, or if you would prefer to use or avoid certain modalities. Our treatment plans are tailored to best serve your needs and preferences.

If you plan to use health insurance to cover any part of your visit, we ask that you contact your insurance provider ahead of time to confirm your coverage benefits, and bring your insurance card with you to your first visit and every visit.

Please help us to create a peaceful environment by silencing all mobile devices, speaking in a quiet voice upon entering the clinic, and opening and closing doors with care.