

GETTING THE MOST FROM ACUPUNCTURE

Community Acupuncture is a unique and different experience. It is rare for most of us to find a quiet place filled with people intent on health and healing. One World Community Acupuncture is both a refuge and a resource for healing. Our focus is for you to experience wellness at its fullest, on all levels, in a relaxing atmosphere. We work hard to network with practitioners throughout the region, and if you know someone you would like us to meet, please tell us so that we can connect with that person.

Following are some tips to make your visit most enjoyable:

- Arrive five or so minutes before your scheduled treatment time so that you may settle in your recliner with your blanket and pillow and take care of payment prior to treatment, if you so wish.
- Many people prefer to use the bathroom before their treatment. There are two restrooms located in the hall upstairs.
- Hang your coat and accessories on the hall coat rack prior to coming downstairs.
- Take off your shoes and socks and store them under your chair (also any bags). Get comfortable in the chair and scoot back as far as possible. This will allow the Zero Gravity Chair to put your seat into the zero gravity pivot. To stop the seat from lowering, use the locking knobs on the side arms.
- There are four chairs (black frames) which will accommodate heavy-set clients.
- If you are wearing glasses, please remove them and place them on the side table or inside your shoes.
- Wear loose clothing, especially pants and sleeves.
- Slide your pants up above your knees and your sleeves above your elbows.
- Be sure that you have had something to eat and drink at least two hours before your acupuncture session.
- Let the acupuncturist know if you need to leave at a certain time.
- Let the acupuncturist know if you are feeling cold. We want you to be warm and comfortable.
- If you are sensitive to noise or light, please consider bringing ear plugs and/or eye pillows.
- Sit back and enjoy your session. **WE ARE GLAD YOU ARE HERE!**

One World Community Acupuncture

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