

- **Acupuncture session** £50.00

Initial acupuncture consultation, which includes detailed history taking and acupuncture treatment, lasts about 60-90 minutes. Follow-up treatments last about 45-60 minutes.

Acupuncture is particularly beneficial when it is done at regular intervals: once a week for chronic conditions, and twice a week for acute conditions.

- **Herbal consultation** (30 minutes) £30.00
+ **Herbal formula** prescribed, typically £10-20 per week.

The cost of herbs depends on particular ingredients used in the formula and their weight. Initially, the herbal consultations are held every 2-3 weeks, then, as the prescribed formula starts working, once a month or once every two months.

Acupuncture & Herbs combined £60.00 (+ cost of herbs)