

Before treatment:

[Arrange a consultation](#) by email or phone.

A detailed and honest completion of the [Patient Information](#) form will help us begin to detect the imbalances within your body and discover which of the five vital organs display weakness. Chinerchi philosophy is to treat the whole body, so the questions cover a broad palette of medical, behavioural and emotional territory. This, as with all aspects of your relationship with the Chinerchi Clinic, will be kept closely confidential.

If possible, please take a shower before coming for a treatment.

At Chinerchi:

Upon arrival (and receipt of some ginger tea from our friendly staff) you will have a consultation with Angela. Although she will be familiar with the information you provided, there is another level of diagnosis, connection and understanding possible through a direct encounter. She will use her experience of Chinese Face Reading to notice avenues for both preventative and restorative care.

Chinerchi Therapy is not a store where you may pick and choose the treatment you find most attractive. Here, the treatment you are offered is the one your health situation requires.

After the consultation, you will be guided into the treatment room where you will sense the relaxed atmosphere and professional care. The room is fitted with modern equipment, serious comfort and well-protected privacy.

The particulars of your treatment will naturally be explained in as much depth as you like prior to beginning. It may involve things which feel strange and different from your past experience. Most of the patients have a pleasant experience during the treatment and a sense of refreshment afterwards.

Stay open and relaxed in the knowledge that these techniques have been rigorously refined by centuries of practitioners, fine-tuned with modern discoveries and updated for today's world.

After the treatment:

While the treatments differ in appearance and structure, the intention is the same: help the body to heal itself naturally. Part of this process is energizing the body so it can release the toxins which have accumulated over the years.

Now, some people leave the treatment room brighter and energized! However, some patients will also experience the effects of the body ridding itself of these poisons – perhaps in the form of a headache, itchiness, lethargy, bruising, light-headedness or reappearance of old issues. This is perfectly normal and in fact is a positive indicator that toxins are being dislodged and removed!

For most treatments, a rest in the evening should be the most that is required. In the case of Implant Acupuncture, you might not want to have anything physically demanding scheduled for a few days following the treatment.

Following your treatment, please abstain from showering and sexual activity for the rest of the day.

A big thank you from the Chinerchi Team ☺