

# FAQs



## Will it hurt?

Since the needles are finer than the size of a human hair, the feeling is nothing like other medical needles! Because of their tiny size and quick insertion you will not feel much, occasionally you may feel a tiny prick on more sensitive areas such as the face and fingers. Depending upon your sensitivity you may feel some sensations moving along the body caused by the needles stimulating the area.

## Will I bleed?

Occasionally there will be a small drop of blood when the needle is removed, but this is completely normal, painless and is nothing to worry about.

## Side effects?

There are virtually no side effects to acupuncture. Occasionally there may be some light and minimal bruising at one of the points but this is rare. Some people may feel sleepy or tired after their treatment or sleepier than usual later in the evening. We usually recommend that you go with the flow in this case and take the opportunity to get a really good nights sleep.

## How many treatments will I need?

This will vary depending upon many factors such as the condition being treated, how long you have had it, how severe it is, age, medical history etc. Simpler conditions may improve significantly or even completely after one or two treatments whereas others will take a few more as the healing process takes time. If more sessions are recommended for you, it is because the nature of your condition will take more time and sessions to improve, however we always aim to help you as quickly as we can.

## Is treatment covered under private health insurance?

Many private health insurers cover all or part of your acupuncture treatment, since both practitioners at Purelands belong to the British Acupuncture Council. Some may ask for a letter of referral from your GP and most require you to retain your receipt as proof of purchase to be reimbursed for the cost of treatment. Just mention this to your practitioner and they will provide you with a receipt of treatment for insurance purposes.

## How do I book?

Just ring up or email

07383098852

[info@purelandsacu.co.uk](mailto:info@purelandsacu.co.uk)

## How can I find out more about Acupuncture?

Visit the British Acupuncture Council website on

<https://www.acupuncture.org.uk/>