

Acupuncture at The Spa at Harbor Bay

Frequently Asked Questions

Why do they want to feel my pulses?

There are 3 pulse positions on each wrist that your acupuncturist will palpate. Each position corresponds to a specific meridian and organ. Your acupuncturist will be looking for 27 individual qualities that reflect overall health. If there are any problems, they may appear in the pulse.

Why do they want to look at my tongue?

The tongue is a map of the body. It reflects the general health of the organs and meridians. Your acupuncturist will look at the color, shape, cracks and coating on your tongue.

How many treatments will I need?

The number of treatments will vary from person to person. Some people experience immediate relief; other may take months or even years to achieve results. Chronic conditions usually take longer to resolve than acute ones. Plan on a minimum of a month to see significant changes.

Do the needles hurt?

The sensation caused by an acupuncture needle varies. Some people feel a little pain as the needles are inserted, but most people feel no pain at all. The needles are tiny, just a little larger than a cat's whisker or a human hair.

How many needles will the acupuncturist use?

The number of needles will vary depending on your chief complaint and your constitution. Ten to twelve needles are the average.

How deep do they go?

The depth of the insertion varies. For example, your acupuncturist will use a needling technique that is different in fleshier areas, such as your buttocks. Typically, needles are inserted at depths ranging from 1/8" to 1 1/2".

How safe is acupuncture?

Acupuncture is extremely safe. It is an all-natural, drug-free therapy, yielding so side effects except feelings of relaxation and well-being. There is little danger of infection from acupuncture needles because they are sterile, used once, and then discarded.

What type of schooling do acupuncturists get?

Today, acupuncturists receive 3 to 4 years of extensive and comprehensive graduate training at nationally certified schools. All acupuncturists must pass a national exam and meet strict guidelines to practice in every state.

Why did my acupuncturist recommend herbs?

Herbs can be a powerful adjunct to acupuncture care. They are used to strengthen, build and support the body or to clear it of excess problems like a cold, fever or acute pain. Your practitioner may suggest starting with herbs and then adding acupuncture to your treatment in the future. This is suggested to build up your internal strength so you can receive the full benefits of acupuncture has to offer.

Does Harbor Bay Club accept insurance/worker's comp?

We do not accept either at this time.