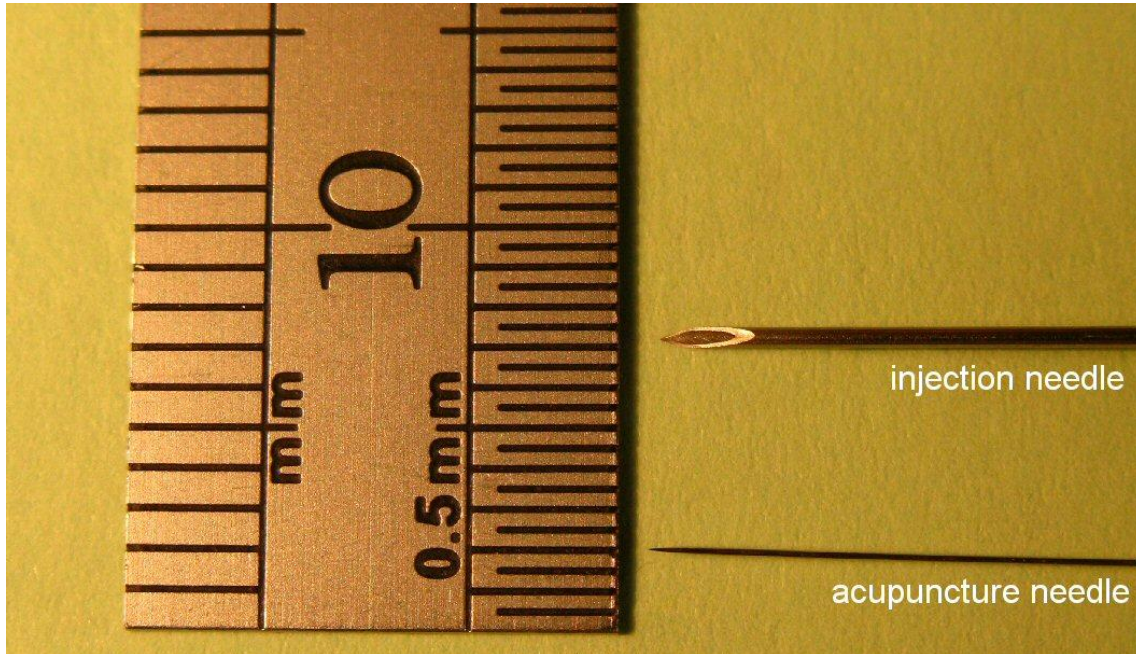


## NEEDLES?

**Don't worry, look how thin they are!**

by Marilia Blackburn



Acupuncture needles are very thin ( $\sim 0.2\text{mm}$ ), they are solid rather than hollow, pre-sterilised and are for a single use, being provided in each session and disposed of afterwards. Acupuncture points are sensitive, pre-established areas under the skin. There are different techniques in Acupuncture and, with our choice of technique personal differences are taken into account and we do not apply deep insertion in the great majority of points.

There are different types of needles for different types of treatments and we are always concerned about patient's comfort and relaxation during treatment.

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