



KINESIOLOGY FAQs

What is Kinesiology

[Tell me more about Kinesiology](#)

How long does a session last

Your first treatment will last two hours, it is an opportunity to understand your life and how your health has been affected by the experiences you've had. We will discuss your commitment to better health and what your goal is. Working together we will identify ways in and out of the session to support you to achieve your goal.

Follow up sessions last between one and one and a half hours.

How many sessions will I need to have

The first session will give an indication about how many sessions you will need to have. The factors that will affect this are many health concerns you want to address and how long they have been present in your body. Five sessions or less are usually sufficient to address non-chronic health conditions. Many clients find that once the health concern they came along with has been addressed it helps maintain their overall wellbeing to have regular sessions.

What should I wear

Some movement is required in your session and although you do not need to wear anything specific it is a good idea to wear what you are comfortable moving your arms and legs in.

Do I need to bring anything with me

It would be of benefit to bring any medication or supplements you are currently taking. I have a wide range of test kits and before your appointment we can discuss whether it would be useful to bring additional items.

Is Kinesiology suitable for children

Kinesiology is great for children. Depending on their age we either work directly on the child's body or through a surrogate body, usually the parent. We can discuss the details of how the session will work, to meet the needs of your child, ahead of your appointment.