

Step One

Contact us to make an appointment. You can do this by calling the Regent Salon on 01293 774366 (Mon-Fri 9am-4pm; Thurs until 7pm), or by using our Facebook booking system

<https://www.facebook.com/marchhareherbalism/>. Alternatively, if you'd like to find out more before you book, use the contact form on our website or send us an email at kate@marchhareherbalism.co.uk.



Step Two



Once your appointment is confirmed, if you have an email address we will send you a short questionnaire. In order for you to get the most out of your appointment, it would be useful for you to read through this questionnaire and think about how you would answer the questions. You can fill it in if you like, but don't feel you have to. It's just for us to get an idea of your current lifestyle and how you feel about this. We'll talk through it with you at the appointment (so don't forget to bring it with you if you fill it in in advance), and we're aware that it can be awkward being put on the spot with such questions, so we send them out in advance.

Step Three

Attend your appointment! Please remember to bring your questionnaire with you if you've filled it in (don't worry if you'd rather not). If you're running late please call or text to let us know.

If you need to cancel your appointment please give us 24hrs notice. Cancellations made after this will not be eligible for a deposit refund.





At the appointment:

The herbalist (that's me!) will start by taking a thorough case history. We'll talk through what prompted your visit, how you would rate the current state of your health, and any particular conditions you have and medications you take. Remember, the herbalist will not diagnose specific ailments, so if you think you may have an undiagnosed illness you must see a GP first. I also cannot access your medical records, so you will need to bring details of all medication you currently take. Rest assured that any information you give will be treated in the strictest confidence.

We will also talk through your current lifestyle and how you feel about it (this is where the questionnaire we sent you before the appointment comes in). It's important to remember here that we're not trying to judge you; no one lives a perfectly healthy lifestyle. I just want to get a feel of how I may be able to help you.

It can sometimes feel like I'm being very nosy, and you may not feel all the questions are relevant to you. Feel free not to answer anything you're not comfortable discussing, but the reason I ask lots of general questions is to build up a complete picture of you as a whole person. This enables me to treat you holistically. Most people find it actually therapeutic to be able to talk about anything that may be bothering them.

In addition, the herbalist may conduct some physical examinations. This could include checking your pulse and/or blood pressure, and examining your tongue and irises. We don't perform any intrusive tests, so there's no needles to worry about! This examination is not meant to take the place of medical examinations carried out by physicians; it is simply that herbalists work with a slightly different treatment modality, so it helps to get some additional information.

Once I have a good understanding about where you are now with your overall health and where you would like to be, we can draw up a treatment plan. Depending on your circumstances, this could involve a one-off 'prescription', but is more likely to involve a course of remedies. This is because no two people are quite alike, so I'll suggest trying a few different remedies to see what suits you best.

All our remedies are mixed for the individual (like an old fashioned apothecary), from carefully selected and sourced herbs. Because I'm also a trained aromatherapist, I like to include aromatherapy preparations where appropriate. I may also make suggestions about diet and exercise strategies that could benefit you, and there may be other types of therapy to use alongside your natural remedies, such as meditation and mindfulness techniques.

Herbal remedies will usually be supplied in the form of teas, tinctures (herbal constituents preserved in alcohol in a dropper bottle, to be added in small doses to drinks or placed under the tongue), or infused oils. If you have a particular preference I can often accommodate this, although some herbs have to be administered in a certain form. If you don't drink alcohol, please let me know (in advance if possible) and I can create an alcohol free tincture (this will not keep long, however, so you will need more frequent appointments if you wish to take it regularly). Alternatively, a tincture can be gently heated to boil off the alcohol. Syrup forms of many herbal preparations can also be made, and this may be particularly useful when administering to children.

Aromatherapy preparations may include inhalers, massage oils and sprays. I can also offer homeopathic and flower essence remedies if you feel these would be of benefit to you.

Once we have drawn up a treatment plan together, we can agree on number and frequency of appointments.

To avoid any surprises, the cost of the full treatment plan will be made clear in advance, including all remedies. You are under no obligation to stick to the plan, however, and can stop appointments at any time.

