Request an appointment

This is a request, not a confirmed booking.

* Required

Request a time with us

This form cannot see our calendar. Tell us two dates and a time of day that suit, and we will email you to confirm a time.

What is the appointment for? *
◯ A first consultation ◯ A follow-up
◯ A review or check-in ◯ Something else

Have you been here before? *
◯ New client ◯ Returning client

If New client: **How did you hear about us?**
◯ A friend or family member ◯ A search engine ◯ Social media
◯ Another business referred me ◯ Walked or drove past ◯ Other _____

Anyone in particular you would like to see?

How would you like to meet? *
◯ In person ◯ Phone call ◯ Video call

First-choice date *
e.g. 22 Sep 2026

Second-choice date
e.g. 22 Sep 2026

Best time of day * ☐ Morning ☐ Afternoon ☐ Evening

Your name *

Email * This is where your confirmation goes.

Mobile

Anything we should know before we meet? Please don't include medical or health details.

If you filled in "Mobile": **Text messages**
☐ You may text me about this appointment.

How this works *
☐ I understand this is a request, and my appointment is not booked until you confirm it.

We use these details only to arrange your appointment.