

# 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.

|                                                                                                                                                                                                                                                                                                                 |                                                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| <b>What is the appointment for? *</b><br><input type="radio"/> A first consultation <input type="radio"/> A follow-up<br><input type="radio"/> A review or check-in <input type="radio"/> Something else                                                                                                        | <b>Have you been here before? *</b><br><input type="radio"/> New client <input type="radio"/> Returning client                            |
| <b>If New client: How did you hear about us?</b><br><input type="radio"/> A friend or family member <input type="radio"/> A search engine <input type="radio"/> Social media<br><input type="radio"/> Another business referred me <input type="radio"/> Walked or drove past <input type="radio"/> Other _____ |                                                                                                                                           |
| <b>Who would you like to see? *</b><br><input type="radio"/> Anyone available <input type="radio"/> _____                                                                                                                                                                                                       | <b>How would you like to meet? *</b><br><input type="radio"/> In person <input type="radio"/> Phone call <input type="radio"/> Video call |
| <b>First-choice date *</b><br>e.g. 22 Sep 2026                                                                                                                                                                                                                                                                  | <b>Second-choice date</b><br>e.g. 22 Sep 2026                                                                                             |
| <b>Best time of day *</b> <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening                                                                                                                                                                                  | <b>Your name *</b>                                                                                                                        |
| <b>Email *</b> This is where your confirmation goes.                                                                                                                                                                                                                                                            | <b>Mobile</b>                                                                                                                             |
| <b>Anything we should know before we meet?</b> Please don't include medical or health details.<br>_____<br>_____                                                                                                                                                                                                |                                                                                                                                           |
| <b>If you filled in "Mobile": Text messages</b><br><input type="checkbox"/> You may text me about this appointment.                                                                                                                                                                                             |                                                                                                                                           |
| <b>How this works *</b><br><input type="checkbox"/> 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. Privacy policy: [link](#).

