# Eloise Coulson: London's Leading Acupuncturist Bringing Holistic Approach to Health



Eloise Coulson, a former model turned acupuncturist, has become one of London's leading practitioners in the field, exemplifying the rising trend of acupuncture among men and women alike. Based in central London at the Soho branch of Third Space, Coulson offers treatments that complement traditional Western medicine.

Coulson's interest in acupuncture developed after a career shift from modeling and subsequent studies in osteopathy and psychology. Despite starting a family which altered her career trajectory, she pursued educational opportunities at home, completing a psychology degree and a master’s in career counselling. Eventually, she found her passion in acupuncture, noting its effectiveness as both a supplementary treatment and a primary approach when other methods fail.

Her practice is particularly cognizant of emotional and physical interconnections, emphasizing the importance of knowing both the scope and limitations of acupuncture. Eloise Coulson, married to journalist and consultant Andy Coulson, underscores the relevance of continuous learning and responsible practice in achieving effective treatment outcomes.

Acupuncture has garnered attention for its benefits ranging from stress relief to physical ailment alleviation, with notable public figures like Rita Ora and Gwyneth Paltrow endorsing its use. Eloise Coulson's expertise and holistic approach to acupuncture highlight its growing acceptance and integration into health and wellness routines.