

COVID-19 Service Update

UPDATE 20-07-2021. Following the latest Government guidelines, from 19th of July, 2021 all restrictions will be lifted. However, the government expects and recommends that people continue to wear a face covering in crowded, enclosed spaces. For this reason I would like to inform all my clients that since pandemic is not over and cases are raising quickly day by day I kindly ask all my clients to still wear a face covering at my studio and for home visits as the health and safety of my clients is a priority. All hygiene procedures will be carried out as described below.

In line with the latest Government guidelines and the Association of Reflexologists Covid-19 Hygiene Guidelines my business will take the precautions listed below in terms of Hygiene and Safety for the prevention of Covid-19 infections.

As a client you will be required to:

- ✧ Inform me as soon as possible if you develop any symptoms of Covid-19 or you feel unwell prior the treatment
- ✧ Wear your face mask/face covering and keep it until you leave my treatment room/I leave your home (it can be removed only during Facial Reflexology treatments or when facing down in prone position during Massage)
- ✧ Wash your hand/sanitize your hand when you arrive or for home visits, make provision for me to wash my hand on arrival and at the end of the treatment
- ✧ Leave your shoes outside the treatment room and leave your belonging in a designed area showed by the therapist. For home visits, please ensure I am not put at potential risk and that you try to minimise the risk as far as possible. These may include ventilate the room before my arrival, ensure I do not need to touch surfaces when not needed, no one else in the house comes in contact with me
- ✧ Fill in the Consultation Form and a Covid-19 Questionnaire. These may be sent prior the treatment by email where is possible.
- ✧ For home visits provide your own towels for the treatment (2 small/hand towels for Reflexology or 2 bath towels for Massage)
- ✧ Bring your own bottle of water
- ✧ Pay by card (contactless payment) where possible

As a member of Association of Reflexologists I will:

- ✧ Inform you should I develop any symptoms of Covid-19 or feel unwell before the treatment time
 - ✧ Wear a mask throughout which will be changed between clients. For home visits I will enter your house wearing a mask which will be kept throughout
 - ✧ Take off my shoes when entering your home for home visit service
 - ✧ Wash my hands or sanitize with hand gel (with 60% alcohol or more) before and after the treatment and between clients
 - ✧ Ventilate the treatment room between clients and sanitise all the area.
 - ✧ Sanitise all the equipments (balm/oils bottles, card reader, pen, consultation form folder, etc.) between clients
 - ✧ Carry out a Covid-19 Risk Assessment prior the treatment to assess if it is safe to go ahead
 - ✧ Wear clean clothes which will be changed between clients or alternatively I will wear a disposable apron
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Cancellation fees will be removed until date to be defined. This means you can contact me at any time to inform me in case you develop any symptoms of Covid-19 (fever, a cough, change/loss of sense of smell and taste) or in any case you feel unwell. Please, be kind to inform me as soon as possible.

Last update: 20/07/2021