



COVID-19

HYGIENE POLICY

Please ensure you shower and wash your hands thoroughly prior to your appointment. Note: to reduce touch points, we will not be providing toilet facilities at this time (exception for medical need and pregnancy).

Please bring your own bottle of water.

Upon arrival, you will be invited in and to remain on the designated mat.

You will be required to remove any footwear and to wipe the soles of your feet with the anti-bacterial wipes that will be provided. To disinfect your hands, anti-bacterial hand gel will be provided.

If you don't have a face mask, we will also provide you with one. Please wear it throughout the treatment - unless exempt.

However, on the massage table, you will have the option to pull your mask down when faced down (prone), and to pull it back up again when faced up (supine).

Please refrain from touching anything once you are inside the premises. There will be 1) a designated chair - if you need to sit, 2) a basket - for your clothes including coat/bag and 3) a bin - for tissues etc. in the treatment room that you may use. Please refrain from sitting on the sofa.

Please remove all items of clothing (including any jewellery - necklace, bulky earrings, bracelets) apart from your underwear. Please note that we will not proceed with the treatment if you have not worn any underwear or brought a pair of shorts to change into.

Once the treatment is over, please get dressed cautiously by avoiding contact with unnecessary touch points.

Please leave the linen/towels either on the massage table or in the clothes basket only.