



HEALTH PROTOCOLS FOR MASSAGE CLIENTS (updated 3/26/21)

FYI I have received both doses of the Moderna Covid 19 vaccine (1/13/21 and 2/10/21)

WHAT YOU CAN COUNT ON FROM ME:

If, for any reason, I am not feeling well, or anyone in my home is not feeling well, I will reschedule your massage.

- Since I have been vaccinated, assuming I feel well, I do not intend to self-quarantine for 14 days after returning from a trip out of town or large gathering. I will notify you any time I plan to leave Maryland or am in a large group gathering or suspect I may have been exposed. If you prefer, you can feel free to schedule your massage session for two weeks after my return or whatever you feel is best for you.

At the time of your appointment I WILL:

- Ask that you wear a clean mask and come into the massage studio (not earlier than 10 minutes prior to your appointment please) OR if you prefer to further limit the amount of talking we do in close proximity, you call me from your car upon your arrival. I will ask you about how you are feeling as well as our usual discussion about any issues you might have or areas of special focus for your massage session.
- Wear my mask at all times while you are here.
- As you enter the studio, I will take your temperature with a no touch thermometer. A temperature of 100.4 or higher will mean we need to reschedule your session. My cancellation policy is relaxed to accommodate this situation.
- Ask you to complete an Informed Consent Form (now good for 5 massages) or if you have one in your chart from a prior session, I will have it available for you to review and, assuming no changes, initial indicating your consent, date & write in your temperature.
- Use hand sanitizer to maintain cleanliness of my hands and oil bottles.
- Wash my forearms and hands thoroughly before and after each session, as always. I will use hand towel, so I don't need to touch a door handle or other object.
- Wear an apron over my clothing, which will be changed after each session.

*After each session I **WILL** perform these sanitization protocols:*

- All linens, including blanket, water resistant cover under mattress pad/face cradle covers will be carefully removed from the massage table and face cradle and washed.
- All surfaces including door handles and touch surfaces will be wiped down with a hospital grade cleaner and allowed to completely dry between clients.
- My apron and face mask will be changed and washed after each client.
- Vacuum carpet frequently. Note that it is not possible for me to disinfect it.

WHAT I ASK OF YOU:

Before you leave your home/work for your session:

- If you are unsure about how you are feeling, please take your temperature and give me a call. Together we can decide the best course of action. Please know that if your temperature is 100.4 degrees or higher when you arrive, we will definitely reschedule.
- Call me if you have any questions about your contacts in the last 14 days.
- Bring and wear your own **CLEAN** mask
- Before you arrive, please write your check for payment or have your *exact* amount of cash prepared. Please place your payment in the box on the table by the entrance door before you leave your session. You may also pay me via Zelle (using my email address) just prior to your session if you prefer.
- Do not wear any jewelry that you will need to remove before your massage session.
- Bring a water bottle in with you. For the foreseeable future, I can no longer serve water, but want you to have water if needed and to drink water after your session.

Once you are in the massage studio:

- Use available hand sanitizer upon entering the studio and, of course, wash your hands thoroughly after using the bathroom. After sanitizing, please use a paper towel to dry your hands completely and to handle the faucet and doorknobs.
- Keep your mask on the entire time you are here including during your massage while face up. When you turn face down on the massage table, you can choose to remove your mask, as I have an extra drape under the face cradle to catch droplets and you can then remove your mask until you turn face up.

- We will no longer linger in the waiting room after your session. I have removed the upholstered chairs, fountain and lamps. It looks sparse but it will allow me to keep it as clean as possible.
- Your chair in the massage room has been replaced with a chair that I can wipe down.
- My trashcans have been replaced with step cans with closed lids.
- I have touch free hand sanitizer and soap dispensers for our use.
- I have removed the small aromatherapy selection “smelling” jars but would be happy to place some oil on a tissue for you to smell if you wish.

I welcome a text, email or phone call with any and all comments or suggestions about these protocols as well as your massage session. I always strive to provide you with excellent service.