

Healing touch massage therapy guidelines and policy During COVID-19

Please familiarize yourself with this updated COVID-19 policy before your visit.

Exhibiting symptoms of COVID-19, receiving a positive result from a recent COVID-19 test, or waiting for the test results is contraindication for receiving massage therapy.

I no longer have a 24-hour cancellation policy. If you exhibit symptoms, were asked by a doctor or a health official to quarantine, or believe that you were exposed to someone with COVID-19 symptoms, please cancel your appointment, even if it is less than 24 hours prior to the appointment time. You will not be charged the late cancellation fee.

You will receive an email with pre-appointment questions and an attached consent form. You must answer the questions and email them back prior to your appointment. I will confirm your appointment once I receive the answers to your questions. You will be required to sign the consent form at the time of the treatment.

Upon arriving, please text or call me at 703-980-5304 to let me know that you have arrived. If we have discussed your treatment, I will send a text to let you know when it is time to come in for your appointment. Otherwise, I will call you to discuss the treatment for today's session.

Please wear a mask upon entering the clinic and keep it on until you leave. If you wear rubber gloves, please remove them upon entering and use hand sanitizer that I will provide, or wash your hands thoroughly in the bathroom prior to the treatment.

I encourage you to write your check ahead of time or bring your pen for that purpose.

Except for a legal guardian or care provider, friends and family are not allowed to wait in the reception area while you receive a massage while COVID-19 is present in the community.

The following procedures will be implemented to insure the maximum protection for you and the therapist:

- Sheets, headrest covers, and blankets will be changed between each client.
- Protective treatment table cover, headrest, and other surfaces in the room will be disinfected. This includes doorknobs, light switches, and other highly touched objects in the common area and the front door and bathroom.
- The therapist will thoroughly wash her hands before and after the session.
- The therapist will wear facial cover throughout the appointment.
- The therapist will change clothing between clients.
- The treatment room will be ventilated appropriately between sessions. The HEPA air purifier will be left running during the session.
- Appointments will be spread out to allow enough time for appropriate cleaning, disinfection and ventilation.