

New Procedures to keep you, me and my other clients as safe as can be.

Price

I have not put my prices up, though my business costs have increased due to PPE and extended consultation time.



Currently I am only providing 1hr appointments at **£45**.

Please be considerate by arriving in a timely fashion, you may need to wait if you are early. If you are late you might only receive the remaining time of the appointment (I'm always as flexible as I can be but bear in mind I have to allow for cleaning time between appointments and pay for the time used in the clinic.) Remember your appointment time. Unfortunately I cannot refund for any missed appointments.

Appointments

If you would feel more at ease with no-one having been on the couch before you, please let me know and I will arrange the appointments accordingly. If you'd like to bring someone with you for any reason please let me know.



Payment

The software I use will request you to confirm your appointment with a bank card. Payment will be taken automatically from that card once you have attended. This saves time during the appointment and also covers me for the loss of earnings, should you not attend your appointment due to reasons other than illness, as payment will be automatically taken.

Cancellation due to illness

If you are feeling unwell or have COVID-19 symptoms please postpone your appointment. Your payment will be carried over to your next booking. It is not worth the risk and I will not be offended in any way if you need to cancel. For any other cancellations, refer to my T&C's.

Free Consultation

This is when we run through the forms and talk about your expectations and needs. For existing clients this will be 5 minutes, new clients will be 15 – 30minutes.

This will take place via phone 1 – 7 days before your appointment.

All consultation and consent documents should be signed and brought with you to your appointment or, emailed beforehand.

High Risk Clients

If you are considered a high-risk client, it may not be possible to massage you at this time but feel free to discuss this with me. You can read more about high risk <https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/whos-at-higher-risk-from-coronavirus/>



Upon arrival

Please come wearing your mask. I will take your temperature (using an electronic thermometer which is placed close to your forehead)

I'll prompt you to wash your hands and enter the practice room without touching anything.

There will be a container to put your clothes in that is cleaned between clients.



Hygiene and PPE

Please wear a mask.

All equipment will be disinfected after each client, and linens changed.

I will be wearing personal protective equipment which includes a mask, face shield and gloves.



Do not be concerned about the use of gloves. I've sourced high quality quality gloves that feel like a second skin, it will not affect your treatment and does not feel drastically different than skin on skin.*

Please refrain from lots of social contact immediately before your appointment (ie shopping, sitting in a cafe etc)



Maintaining personal hygiene before an appointment is more important than ever during these times.



Risk assesment available upon request.

Technique / Treatments

Lying face up will be minimal, sidelying may be used. I will talk you through the options and make you most comfortable whichever we choose.

There is an option for clothed massage or over drapes, which would consist of holds and some guided movements either on a massage couch, futon or a specially designed chair. Let me know if you'd like to talk about these options.



When the massage is over, no need to tidy up, just leave the linens as they are.

Chitter Chatter

Unnecessary chatting should be avoided to prevent droplet formation, but do **always** let me know if you need any pressure, positioning or techniques adjusted. I encourage you to do this as we work together to create the best possible treatment for you.



Track and Trace

It is also recommended that you register for the NHS Track and Trace app to maintain our safety. I will request your consent regarding storing your contact information to give to Track and Trace in the event that myself or any of my clients contracting Covid-19.



Bring with you

Signed forms (unless emailed).

Water

Face mask

It would also be helpful if you wear clothing which is easy to remove and avoid wearing jewellery.

Let me know if you need to bring a chaperone or legal guardian.

Although this may seem daunting, as soon as you are on the massage table, you will be free to float into your own world.

I look forward to welcoming you. please do ask any questions.



* gloves are silicone free and not rubber latex. Also biodegradable! If you want to discuss the use of gloves please let me know.