

Before your appointment:

- Please complete the COVID-19 pre-screening questionnaire before arriving.
- If you develop symptoms before your appointment, please call and we can cancel or reschedule your visit.
- Arrive as close to your appointment time as possible. If you are unable to arrive alone, the person accompanying you will be screened, asked to provide their name and phone number for contact tracing purposes.
- All appointments now have a 30 minute interval between clients to complete the necessary cleaning and disinfecting procedures and also reduce the need for waiting.

When you arrive:

- After sanitizing your hands at the front reception table and putting on your mask, please proceed directly to my treatment room.

During your appointment:

- You will be asked to wear a mask at all times while inside the clinic.
- During the massage, I have placed a pillow case in the face cradle (in lieu of the mask) to provide greater breathing space while lying face down but you will then use your mask again while lying on your back.

Behind the scenes:

- Between each client, the table and pillows will be thoroughly cleaned and disinfected as well as all high touch surfaces according to the Ministry of Health standards. This includes door-knobs, taps, sink, light switches, chairs, lotion bottles, etc.
- As always, I will be washing my hands, forearms, and elbows for 30 seconds before and after every treatment.
- All linens will be cleaned by a professional service adhering to approved cleaning standards.

After you appointment:

- Please open the door and step back so I can re enter. Aside from the treatment itself, we should try to maintain our 'social distance' at all times.
- Payment can be made by email money transfer prior to your treatment or by cash (exact amount preferred to reduce need for change) and your receipt will be emailed to you or a printed copy (advance request) will be available for you.