



Pathways Reflexology

Clinic Treatments

COVID-19 ADAPTATIONS

from 12 April 2021



With the UK easing out of National Lockdown

I am planning to return to **Foot, Facial and Hand Reflexology**

for both Clinic and Home Visit treatments

from 12 April 2021

See the following pages for details of our Covid-safe measures

Please contact if you would like to arrange an appointment

or if there is anything you would like to discuss

Covid-safe **CLINIC** Guidelines for in-person treatments

Here are details of what I am doing to make your treatment as safe as possible for us both

I am closely monitoring advice from the government and my professional associations and have made some changes in how I operate, based on their best guidance. The details below are for *Clinic* treatment sessions.

Home Visit treatment details are similar to these, with small variations to maintain safety in a Home location. These are available on request.



Before you come

- **I will email a short Covid-19 Questionnaire form when you book your appointment.** Please complete this and return it to me ideally by the day before your appointment so that I can check that everything is in order for me to carry out your treatment.
- If you prefer, we can discuss by email or phone. The form should be signed on the day you come.
- **Please DO NOT come for your treatment if you - or anyone you have close contact with - has a raised temperature (37.8°C+)**

or any of the symptoms listed below (*contact if you need to discuss*):

- *a new continuous cough, shortness of breath or difficulty breathing*
- *a fever/high temperature or chills*
- *a new sore throat or a loss or change in your normal sense of taste or smell*
- *new muscle pain*
- *new marks, rashes, spots, bumps, or other lesions on your skin or toes*
- *any other symptom that gives you concern – please dial 111 for advice*

OR if you've had a positive test result or been contacted by 'Test and Trace' and asked to self-isolate

There will be no charge for a late cancelled appointment – just let me know and I will understand

On the day of your appointment

- **Please bring in as little as possible to the session** and limit phone use to emergency only.
- **If the weather is cold, please wear warm layers** to avoid the need for me to sanitise additional covers each time.
- **Please wear a face covering when you come:** current government guidelines suggest that this makes the treatment safer for you and for me.
- **If you are exempt, please let me know** as I will need to take extra precautions to safeguard us both.
- **Please bring your own water bottle** in case you become thirsty - to help reduce the risk of infection transfer.

How the space will be prepared

- **I will be using our garden-facing treatment room:** this is large and airy and allows for safe social distancing. It is accessed through our side entrance, which limits your contact with the premises.
- **The treatment room is cleaned and sanitised** before and after your session.
- **Toilet facilities will be for your use only** and are cleaned and sanitised before and after your session.
- **I have a protective screen** for additional protection. It can be placed in front of you for foot or hand treatments, or behind you for treatments on the face or head - my hands reach under the screen. It has a curve at the side to channel our breath away from each other.
- **Couch-covering linens are removed for washing** after each person.
- **I will have clean, dedicated clothes** to wear for your treatment; these are washed after use.
- **I will wear a 3-layer/medical face mask and visor** during your treatment; I may also use gloves or goggles.

When you arrive

- **Please arrive close to the start time of your session and ring the doorbell.**
- **I will offer you a Visitor's parking permit to place in your car** (as relevant). I will pre-set the time for you so that you will not need to take it out of its plastic wallet when placing it in your car.
- **I will guide you to our side-passage entrance** and then to the treatment room.
- **There is a QR code poster for you to scan** if you have the NHS Covid-19 app. on your phone.
- **Please wash or sanitise your hands** on the way in and out.

When you leave

- **Please think about how you will pay.** Electronic bank transfer is advised (details on request).
- **If you prefer to pay by cheque or cash,** please prepare the correct amount and place in a sealed envelope with your name and the date of your treatment written on it.
- **Booking another appointment** may be done before you leave or by phone or email afterwards.
- **I will confirm your appointment** and send another Covid-19 Questionnaire before your appointment.
- **Use the hand sanitiser again** - or wash your hands - before leaving.
- **Please keep your face covering on** until you leave the premises.
- **I'll come to collect the Visitor's parking permit** if you have used it.

*I look forward to seeing you for
your Reflexology treatment
when you are able to come.*

Angela