



## Calm Touch Therapies

### **Important Information About Your Appointment**

I am delighted that I am now able to resume massage treatments from 12<sup>th</sup> April 2021 but there are some changes to government guidelines since we were last able to work. Please read carefully and contact me if you have any questions.

You will be asked to confirm that you, nor any of your household, have

- tested positive for Covid-19
- are displaying symptoms of Covid-19 - eg fever, cough, loss of taste or smell, fatigue
- not been in contact with anyone displaying symptoms of Covid-19 in the past 14 days

You will be asked to sign a disclaimer to this effect when I arrive and also be asked to inform me should you display symptoms after the appointment, so that I may take the necessary steps to self isolate and contact others. I will be unable to carry out a treatment if anyone in the house is self-isolating.

To help me work as safely as possible please follow these simple steps:

Please sanitise surfaces that the therapist is likely to contact eg. any door handles, taps, loo flush.

If you or anyone in your household is feeling unwell, please contact me immediately to postpone your treatment. I reserve the right to refuse treatment if you are exhibiting flu-like symptoms on the day of your massage.

Wherever possible, please shower or bathe on the day of your appointment.

Government guidance recommends having a window or door open for ventilation.

#### On your Therapists Arrival

If it's possible, keep an eye out for the therapist's arrival and meet them at the front door to avoid knocking or using the door bell

Please ensure you are wearing your face covering when you answer the door. The therapist will also be wearing a visor and mask and may wear gloves for your treatment.

It would be helpful if you can open and close doors for the therapist

Try and maintain a 2 metre distance where possible

#### Setting up the Treatment Space

Whilst I set up my equipment, please take this time to thoroughly wash and dry your hands

I will ask to wash my hands too (I will have my own soap and towel) and sanitise equipment.

Please could you provide your own towels/blanket/cover for the treatment and a pen to fill out the consultation form.

If possible, keep a window open to allow air to circulate freely in the room.

QR CODE - I am required to carry a QR Code for the Track & Trace app. If compatible, please scan with your smart phone. NB/ We are required to carry and show the QR Code but you have the choice whether or not to use it. If you aren't able or chose not to scan the QR Code you can still receive treatment.



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### During your Treatment

Unless the mask is causing you discomfort, distress or difficulty to breathe you should keep wearing your face during your treatment, unless you are having that area of your face treated or your are face down. I understand this is difficult in some circumstances in which case we can agree a solution.

### After the treatment

Once your massage is over, I will leave you for a few minutes to relax before you get up and dressed. In this time I will ask to use your hand wash facilities.

I will clean and pack away any equipment and ask to dispose of any rubbish in your bin. This will be bagged and sealed first.

I advise sanitising any surfaces – door handles, taps etc. that I have come into contact with during the visit. I also advise airing the area afterwards by opening doors and windows.

Payment can be made by BACS or PAYPAL, preferably in advance. If paying in cash, I will hold out an envelope into which you can place the money.

PayPal – [helen-elliott@hotmail.co.uk](mailto:helen-elliott@hotmail.co.uk)

BACS – 07-02-46 A/c No. 24061410 Helen Peacock

If you have any queries regarding safety or hygiene please do not hesitate to call me. I have been trained in Covid-19 safety and understands transmission, prevention and the best hygiene practices. In addition, I will be monitoring my own health and taking lateral flow tests each week.

Thank you for your support. I hope you enjoy your massage.

Helen

Tel. 07901 644760