

## Bodywork Connections Covid-19 policies:

Welcome Back !!!!

We look forward to your appointment but with the following changes:

- 1- We will have you park in front of the massage room door (9108) and have you enter by the massage room door.
- 2- Arrive just prior to your appointment time frame.
- 3- I am taking all the CDC guidelines precautions to & for Massage Therapists via the BMBT (licensing Board for Massage Therapist) & AMTA guidelines.

Therefore:

- a. We will be having at least an hour in between appointments so that I can do the laundry, wipe down the table, chairs, hydrocollator, refrigerator, doorknobs. And clean the restroom and mop the floor and allow the area to 'air out'.
- b. We have 2 air purifiers in the rooms 1- [electronic plugged into the wall](#) and 2- [a Snake Plant](#), which is known for its exceptional oxygen purification properties. Plus diffusing [Thieves essential Oil](#).
- c. We have individual sheets, towels, face piece, face covering, padding and wraps for hydrocollator packs, & any other misc. sheets/towels. Individual massage oil ramekins (washed by hand AND in the dishwasher) for each massage session. Laundry will be washed in the "Sanitation mode". (1.25 hours HOT water wash, another 54 minutes to dry.) Again, using Thieves laundry detergent for toxin free, yet immune boosting and germ killing properties.
- d. I will be wearing a mask during our session, it is optional if you choose to wear a mask or not. I will not be wearing gloves unless requested to do so.
- e. If I come into exposure of the Corona Virus, I will notify all those clients I have seen with a 2 week time frame so that you can be informed and take necessary action of self quarantining. May I ask the same of you; if you become exposed or are displaying symptoms, please let me know so that I may take care of myself and prevent sharing with all my clients. Thank you. !!!
- f. Also, I want to reiterate, if you don't already know, the deep impact massage may have on you at this time: Physically/ Mentally/ Spiritually:
- g. **Physically:** Many are experiencing Muscle Pain and discomfort; maybe because you are used to massage and have missed it or Physical discomfort is "symptom" of the Covid-19. Massage works to increase blood and lymph circulation; therefore if you are carrying a virus, or bacterial infection; (possibly asymptomatic. Or just not displaying symptoms yet) massage may enhance or bring to light your symptoms. I want you to be aware & knowledgeable of the RISKS of massage. As always, drink & Hydrate WELL BEFORE & AFTER the massage to continue the lymphatic excretion.
- h. **Mentally:** We have ALL been under a lot of stress with the UNKNOWNNS, MISKNOWNS & the excessive REDUNDANCY of information of the Corona Virus. When you are on the table, I want to be POSTIVE and ENCOURAGING.

- i. **Spiritually;** Because I believe God is completely in Control and still on HIS Throne; If you will allow me, I would like to pray over our massage session to ask for HIS protection and guidance. If you are uncomfortable by this, I will do it silently for both of us.
- 4- I am asking that you all read this: **Bodywork Connections Covid-19 policies**, print this out, answer the following questions, sign it and bring it with you to your appointment, thereby, starting us off to getting back to “life as we knew it”.
- a. Have you experienced or been exposed to the Corona Virus? If so, when:  
\_\_\_\_\_.
  - b. Do you currently have a temperature? Or a cough? Or all over body aches/pain? \_\_\_\_\_.
  - c. How are you feeling right now? What is your chief complaint? What do you hope to achieve or receive from this massage?  
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Thank you. ~

Signed: \_\_\_\_\_

Date \_\_\_\_\_