



## **Covid-19 Safety Policy**

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I've taken the following steps, to safely support your health and wellbeing during the Covid-19 pandemic. Thank you in advance for your co-operation with the changes to your therapy session that aim to mitigate the opportunity for transmission.

### **Preparing for Your Appointment**

Prior to this awful health crisis, a typical session would begin with a chat before we continue with energy work on the couch. Instead, we'll arrange a mutual time to have a telephone chat 24 hours prior to your appointment to establish what is coming up for you and your healing goals for the session. In this way we can stay within a one hour time frame for the energy work.

Please be prepared to wear a mask for the duration of your visit. If there is a health condition that prevents your wearing a mask, with regret, I'm unable see you until there are effective treatments and vaccines.

Payment – where possible, I would appreciate if you could pay for your session via transfer prior to your appointment, I can provide my bank details on request. There is a Covid-19 safety surcharge of £2 in addition to the usual fees:

Health Kinesiology £38 + £2 Crystal Therapy, Reiki, and Spiritual Healing £33 + £2

I can provide disposable masks if required at £1.

### **On Arrival**

- Where possible, please leave your outer coat and bags, safely in your vehicle.
- Please wear a mask as you enter the house, I can provide a disposable mask if you don't have one.
- Sanitize your hands with the alcohol based gel provided.
- I shall take your temperature to ensure it is within normal range.
- I will also wear PPE during your visit.

### **The Therapy Session**

- The therapy room will have had a minimum of 30 minutes circulation of fresh air prior to your visit.
- There is a cleaning and hygiene protocol in place between client visits to mitigate contamination.
- A bottle of water will be provided for you.
- We will go straight into the session and make you comfortable on the therapy couch. The couch coverings and towels will be freshly laundered at 60 degrees for each individual client.
- In an emergency you are welcome to use the bathroom, where you'll find anti-bacterial handwash and paper towels to dry your hands.