



## Safety and Hygiene Assurances

These Association of Reflexologists Covid-19 Secure Hygiene Guidelines and the CNHC (Complementary and Natural Healthcare Council) detail the strict hygiene practices that I am fully complying with in my wellness studio and practice to ensure your safety, my safety and the safety of my other clients.

### Client management

- **Bookings** - All bookings to be made in advance via phone (07966 502611)
- **Risk assessment** - Each client will be asked to complete a risk assessment before each treatment to ascertain if it is appropriate for you to have a session
- **Client overlap:** Only one client is in the building at one time, there is no overlap in anyway.
- **Payment** - Payment will be made via contactless methods – either bank transfer or card machine
- **Hand washing** - You will be asked to wash your hands (or use hand sanitiser provided by the therapist) on arrival and on departure. Clean towels will be available for drying hands.
- **Water** - Clients are requested to bring their own water or bottled water is available on request
- **Symptoms** - You must inform me if you develop symptoms of Covid-19 or feel unwell prior to your session
- **Social distancing** – measures will be in place on arrival, within the room and on departure

### Room and space management

- **Clothing** - I will have clean, dedicated clothes for treatments which will be changed after every client
- **Treatment spacing** – there will be at least 30 minutes between clients to minimise contact with other clients
- **Cleaning** – This 30 minutes also allows for couch/chair coverings to be changed, any surfaces that have been touched to be cleaned and for the toilet facilities to be cleaned between each client
- **Face coverings** - I will be wearing a facial covering and you may be asked to wear one too – even a scarf is fine (ideally double layer cotton). We can discuss this before your treatment.
- **Clean linen, blankets and towels** will be used for each client
- **Soft furnishings** – foot pillows and supports will be completely covered by towels which are changed after every session
- **Tissues** - Individually wrapped packets of tissues available in case they are needed
- **Waste** - will be disposed of in line with Government Guidelines
- **Laundry** - will be washed in line with Government Guidelines
- **Ventilation**– the room will be ventilated between clients
- **Waste bin** - has a closed top and hands-free lid opening mechanism and is emptied daily
- **A cleaning checklist** - will be on display to show when cleaning has taken place