

1 Pre-arrival

Pre-arrival, you will be sent a Health Declaration Form to verify that you have adhered to the current lockdown guidelines and are free of any Covid -19 symptoms as stipulated by the government.

You will then be contacted to set a time for a phonecall or online video consultation to minimise face-to-face contact.

Please ensure you shower and wash your hands thoroughly prior to your appointment. Note: to reduce touch points, we will not be providing toilet facilities at this time.

Please bring your own bottle of water.

Upon arrival, your temperature will be taken before entry. We reserve the right to refuse treatment if we believe you are exhibiting any flu-like symptoms.

You will be required to remove any footwear before entering the premises. Please wipe the soles of your feet with the anti-bacterial wipes that will be provided.

To disinfect your hands, anti-bacterial hand gel will be provided. If you don't have a face mask, we will also provide you with one. Please wear it throughout the treatment and only remove it after you have vacated the premises. After this point, you may wash your hands as well if preferred.

Please refrain from touching anything once you are inside the premises. There will be 1) a designated chair - if you need to sit, 2) a basket - for your clothes including coat/bag and 3) a bin - for tissues etc. in the treatment room that you may use. Please refrain from sitting on the sofa.

Please remove all items of clothing (including any jewellery - necklace, bulky earrings, bracelets) apart from your underwear. Please note that we will not proceed with the treatment if you have not worn any underwear or brought a pair of shorts.

2 On premises

Once the treatment is over, please get dressed cautiously by avoiding contact with unnecessary touch points.

Please leave the linen/towels either on the massage table or in the clothes basket. You may wash your hands before leaving but please exit without touching anything else.

3 Post treatment