

Therapeutic Reflexologist

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COVID-19 Lockdown Protocol @ Reflexology Body Balance

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Your health and safety is my top priority and precautions to limit cross contamination of COVID-19 have been implemented to safeguard patients and the practitioner at Reflexology Body Balance.

Kindly familiarise yourself with the following protocol which must be adhered to.

1. Each patient will be screened the day before their appointment. This is to ascertain whether they have experienced any of the following symptoms in the 14 days preceding the treatment date: headache, fatigue, aches and pains, fever, dry cough, sore throat, shortness of breath, diarrhoea, runny nose.
2. **NO** patient may be accompanied into the treatment room unless they are a minor or unless there is a language barrier.
3. Patients are to wait in their car until they are fetched.
4. The patient's temperature will be taken, and their hands sanitized before entering the premises.
5. At the first appointment patients will be asked to sign a consent form as acknowledgement of the risks associated with potential exposure to COVID-19.
6. The wearing of a facemask (covering the nose and mouth) is mandatory for the duration of the treatment and while on the premises.
7. The practitioner will wear a fresh pair of gloves when working with each patient.
8. The paper roll protecting the treatment couch will be changed after each patient.
9. The treatment room will be sanitized after each patient.
10. The following antiviral, antiseptic, antimicrobial essential oils may be used in the ultrasonic humidifier in the treatment room; Peppermint, Eucalyptus, Tea Tree, Bergamot, May Chang, Lemongrass, Melissa.
11. Using the toilet is not encouraged however, should this be necessary then the use of the anti-bacterial soap and individual hand towels is essential.