

Body Wisdom Therapeutic Massage & Wellness
CORONA VIRUS UPDATE

I am excited to announce that I will be reopening on Monday, June 22 on a limited basis! Thank you very much for your patience and support during the temporary shutdown. I am working hard to assure that I meet or exceed all of the requirements of the Guidelines for Reopening. I recognize that some of you will be ready to return while others will be waiting to reschedule. If you have reservations about receiving massage at this time, please know that I honor your health and well-being above all else, and I encourage you to wait until you feel at ease to reschedule.

Until further notice, I will be open by appointment only Monday through Wednesday and will see a maximum of 3 clients per day. Appointments will be spaced to allow for social distancing from other clients and from the clients of other healing practitioners in the building, as well as to allow for a thorough sanitation of my treatment room and common areas between clients.

I will forward client intake forms to you to be filled out the day of your appointment. These forms will assist me in evaluating whether massage is safe in light of the risk of spreading the disease as well as some risks associated with COVID-19 that are known at this time and recognizing that there is still much we do not know about the effects of this disease. You should wait to get a massage if you are part of a higher risk group: over 65 years of age; have chronic lung disease; moderate to severe asthma; heart conditions; compromised or suppressed immunity; severe obesity; diabetes, chronic kidney disease; liver disease or any serious underlying medical condition. I encourage you to consult with your doctor if you are in a high risk group and weighing the benefits of massage to relieve chronic pain while we are in the midst of a pandemic. Besides asking questions about COVID-19 symptoms, I will be asking you to sign a waiver that includes the following language:

I understand that close contact with people increases the risk of infection from COVID-19. By signing this form, I acknowledge that I am aware of the risks involved and consent to receive massage from this practitioner.

I understand that my name and contact information might be shared with the Health Department in the event that a client or practitioner at this studio tests positive for COVID-19. Your contact details will be shared only in the event that they are relevant based on suspected exposure date and only for appropriate follow up by the Health Department.

You will be required to sign the screening form and waivers prior to every appointment. I ask you to print and sign the forms prior to and on the day of the appointment, but will have the forms available for signature in my office.

Cancellations

If you are feeling sick, you must cancel your appointment. There will be no cancellation fee imposed. You CANNOT receive massage and must STAY HOME and should seek medical care if you are experiencing any COVID-19 symptoms, including fever, shortness of breath or difficulty breathing, cough, flu-like symptoms (gastrointestinal upset, headache, fatigue or muscle aches); loss of sense of taste or smell; COVID toes or bleeding of the gums. If you have been in contact with anyone confirmed to be a COVID-19 patient, you have had a positive COVID-19 test within the past 14 days or have been in close contact with a confirmed or suspected COVID-19 case in the past 14 days, you must cancel your appointment. You will be asked to provide written confirmation that you are symptom free, have not had a positive test for COVID-19 within the past 14 days, and to your knowledge you have not had contact with a confirmed or suspected case of COVID-19 within the past 14 days.

Procedures

So much has changed in the way I will be doing business. This will streamline the visit, allowing for less exposure and move things along. For clarity's sake, I have numbered the things I need to highlight here:

1. I will see clients by appointment only. My 60 minute sessions will adhere a little more strictly to the 60 minutes and my 90 minute sessions will be 90 minutes. This will allow for more smooth transition and scheduling.
2. I will be tested for COVID-19 every 14 days.
3. Clients should complete their health screening, waiver and contact tracing information and release prior to arrival for their appointment. Although I will have copies available for you to fill out on premises, that will reduce the length of time I am able to spend doing bodywork with you.
4. Clients will call or text me upon arrival and will wait in their vehicle until I am ready to receive them. This will prevent log jams in the reception area and help me to comply with the guidelines.
5. All clients will wear a mask at all times within the facility unless they are prone, in which case, a pillow case will be draped in the face cradle. Masks will be reapplied prior to transitioning from prone to supine.

6. Clients will be required to cancel, without fee, if they are not feeling well on the day of their appointment, if they have any signs or symptoms of COVID-19, or if they have any indication of side effects from the virus which would contraindicate massage.

7. The water cooler and the reception area seating will be closed until further notice. Please bring your own water.

8. Upon arrival in the building, clients will use the hand sanitizer provided, use the bathroom if necessary and disrobe to their level of comfort and place their clothing in small bins with lids that have been sanitized and provided for that purpose.

9. An air sanitizer with UV light and a fan will be in the treatment room to provide ventilation and clean the air.

10. I will be wearing a mask, a fresh set of scrubs and goggles for the massage. I will have available gloves, should you prefer I work with gloves.

11. State Guidelines prohibit facial massage and intraoral jaw release until further notice.

12. At the conclusion of the massage, you will get dressed, use the bathroom facility if necessary and check out. I will wash my hands thoroughly before and after each massage, as always.

13. I will reschedule with you electronically.

14. I will accept cash, check or credit card as well as gift certificates in payment for massage.

Thank you for bearing with me as I negotiate this new way of being. I sincerely hope that you remained safe and mentally and emotionally healthy during the temporary shutdown and look forward to seeing you when you feel the time is right.

Donna M. Hutchison, LMT/MLDC