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Safety & hygiene measures in place for massage treatments:

As a member of the [Sports Therapy Association](#) I follow their guidelines with regards to safety and hygiene practices within my massage treatment room. STA guidelines are reviewed and updated on a regular basis to keep them in line with any Government policy changes.

In particular I have the following COVID safety measures in place:

YOU:

- COVID screening forms or verbal screening for all appointments
- clients are requested not to attend their appointment if they have any COVID symptoms, or a positive test result, or close contact with anyone with symptoms or a positive test
- clients are requested to wear a face-mask during their treatment time (with the option to remove it when lying face-down)
- hand sanitiser will be offered to clients on arrival

ME:

- I take lateral flow tests at regular intervals, a minimum of twice per week
- I will wear a type 11R face-mask throughout your appointment
- before and after your treatment I will wash my hands thoroughly; I will also use hand sanitiser during your treatment as required
- I will reschedule your appointment if I have any COVID symptoms, or a positive test result, or have had close contact with anyone with symptoms or a positive test

MESSAGE ROOM:

- clients are requested to leave their coat and shoes downstairs on arrival to minimise the number of items being taken into the massage room
- a lidded box is provided for clients to store all clothing and items such as jewelry and watches in during their treatment
- all contact surfaces are sanitised between client appointments
- the floor is cleaned at the start and end of the day as well as at other times as required
- all table linens (towels, sheets, couch covers, face cradle covers, bolster covers) are changed between client appointments and washed at 60°C
- any disposable items are removed from the room between client appointments
- massage mediums (wax, oil, lotion) are decanted into disposable cups prior to each individual massage; any left-over medium is disposed off after each treatment
- massage appointment times are limited to a maximum duration of 60 minutes to limit close contact time