

Covid-19 Procedures for Shakra Indian Massage

From Monday 27 July the following will apply:

- Both parties to use hand sanitiser before and after treatment – this will be provided at the therapy studio.
- Clients' contact details will be taken, as per normal, to comply with guidelines.
- During treatment I will wear a face shield. Face masks are not mandatory for clients but please wear your own if you would like to or I will have disposable face masks, which can be purchased for €1.
- I will not normally wear gloves, but can do if required, please ask.
- Treatments involving the face and ears will be suspended for now (NB: usually the head massage involves a small face massage, ear massage and a chakra-balancing routine performed across the face). However, this is due to change shortly.
- Clients are asked to cancel their appointments if they notice any symptoms that might be covid-19 related and/or not to book a massage if they consider themselves to be in the 'at risk and vulnerable' group. Cancellation fees will be waived in this instance.
- Enhanced hygiene measures will take place throughout the therapy studio on surfaces and massage equipment before and after each client, using a suitable disinfectant.
- Where treatments involve the use of linen/towels etc. these will be laundered at high temperatures in between clients.
- Payment can be made by cheque or cash on the day or by electronic bank transfer or PayPal in advance. If paying by cash please bring the exact amount to avoid the need for change, via PayPal to the email address deborah.hammond@zen.co.uk, please ask for bank details for an electronic transfer.