

## Hello again!

I hope this finds you and your family in good health. While many things have changed, one thing has remained the same: my commitment to your safety and health.

By its very nature, massage and bodywork requires prolonged exposure and direct contact. As you know, the well being of everyone I treat has always been a top priority for my practice. As we navigate life with additional requirements and modify existing measures due to the coronavirus, please help me to support all of my clients by cooperating with some new requirements. Several of my clients are at higher risk of severe illness from COVID-19, so even if you are at low risk, you will be expected to abide by them for the safety of others. By scheduling a session, you are agreeing to follow the [COVID-19 Protocols](#) detailed on my website – click on the [Forms](#) tab to review them so you are prepared when you arrive to your next appointment.

My practice follows Practice Guidelines recommended by the Federation of State Massage Therapy Boards (FSMTB), along with infection control recommendations made by the U.S. Centers for Disease Control and Prevention (CDC) and the Occupational Safety and Health Administration (OSHA).

You may see some changes when it is time for your next appointment. I made these changes to help protect my clients and myself. For example:

- I will communicate with you beforehand to obtain updates to your health information and ask you specifically about your potential exposure to COVID-19.
- When you arrive at the office, I'll ask that you wait in your vehicle until I text you or call you to come in. If you do not have a cell phone, please come directly into the office 10 minutes before your scheduled appointment time – so long as the door is open, and the "Massage In Session" sign is not displayed. This ensures that we don't have too many people in the reception area at one time.
- I'll ask you if you have developed any symptoms of illness since we spoke on the phone. If you feel ill on the day of your session, there is no penalty for canceling your appointment. Massage is not advised if you have any symptoms of illness.
- Please wear a facemask covering both your nose and mouth while you are in the office, and during your massage. I will allow you to remove it when you are facedown on the table.
- I will ask you to bring a signed [COVID-19 Release Form](#) to your first appointment. If you are unable to print one from my website, I'll have copies available at my office. Among other things, it that states, *"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 give consent to receive massage from this practitioner."*
- There is hand sanitizer in the office for you to use as needed.
- I will be running both an air purifier with a HEPA Filter, and an essential oils diffuser. If you are sensitive to essential oils, please let me know.
- I will be paying close attention to the schedule in order to allow time for the additional cleaning and disinfection protocols I am following.

Session prices are as follows:

Foundational Massage:

30 min - \$55

60 min - \$85

90 min - \$115

Enhanced Massage:

30 min - \$70

60 min - \$100

90 min - \$130

120 min - \$160

Please note that I am not doing facials at this time.

I am now able to take credit and debit card payments with a Square Reader. There is a \$3 fee to run a card. You are welcome to still pay with cash or a check.

I look forward to seeing you again! Thank you for following the steps I've implemented to keep you, and every client, safe in my practice. To make an appointment, please call or text my office at (928)-445-1304. My practice is scheduled to open September 22<sup>nd</sup>.

Thank you for being my client. I value your trust and loyalty and look forward to welcoming you back to a safe, therapeutic, and nurturing environment.

All the best,

Paula Hewing