



Covid-19 information checklist for clients

1. A thorough risk assessment has been put in place, with the guidance of my professional bodies - the Scottish Massage Therapists Association (SMTO)
2. I will be adhering to strict personal hygiene standards set by the World Health Organisation and my professional body SMTO when performing massage treatments, which includes the use of personal protective equipment (PPE) and the change of clothes between clients
3. Consultations will be done via Google Forms which will be emailed to you when you book your appointment. This might be followed up by a telephone or video call, if necessary
4. Before you leave your home, please consider if you are experiencing any [Covid-19 symptoms](#). If yes, you must postpone or cancel your appointment (there will be no charge for this)
5. Please wear easy to remove clothes. You will be given a container in which to put them when you undress. This is thoroughly disinfected after every client
6. NHS front line workers are asked to change their clothes before arriving for their treatment if coming directly from work
7. Wear as little jewellery as possible
8. Bring a face mask or face covering. If you don't have one or forgot yours I can provide one free of charge
9. Please note there isn't a waiting room available in the premises. Because of this, clients are requested to arrive as close to their appointment time as possible
10. On arrival there will also be a consent form to complete regarding exposure to Covid-19
11. On arrival and departure, you will be asked to scan NHS' Test & Protect QR code and complete the information on their form
12. When you arrive, you are required to put on a face mask. You will also be required to take off your shoes and disinfect your hands – and walk into the practice room without touching anything
13. The massage table will have been thoroughly disinfected. The linens are all clean and changed after every client (washed at 60°C)
14. Face massages and shoulder massages whilst the client is 'belly up' are not currently being provided to avoid close proximity
15. The therapy room (including carpets and card readers), client bathroom and outside areas including doorbell and door handles are thoroughly disinfected between clients - to ensure this is done, at least 30 minutes gap between clients is observed
16. When the massage is over, please leave all the linens and towels on the massage couch. Put your clothes back on and exit again without touching anything. You may also wish to use the bathroom and wash your hands before you put your shoes back on
17. Payment ideally should be made with a bank card. I accept most credit card companies, including American Express. Cash payments are also accepted at the end of the treatment