**IDEAS FOR INFORMATION FOR CLIENTS**

**Via telephone, email, newsletter or any communication means**

Lockdown has now been relaxed enough and reiki practitioners have been given the green light to return to work. Therefore, I am now ready to make appointments. There will be some changes in the process both before and during each session, to help ensure both yours and my safety.

Before you leave your home, please check your temperature, and consider if you are experiencing any Covid-19 symptoms. If yes to any of those questions, please postpone or cancel your appointment.

If you are a first-time client, your pre-session consultation will now take place via the phone or video-conferencing – rather than face to face. And/or a consultation form emailed for completion prior to the visit.

If you are an existing client there will be a short update consultation – to see how you have been since pre lockdown and whether you have any Covid-19 issues. Also, via phone or video conferencing.

There will also be a consent form to complete regarding exposure to Covid-19. If you are considered a high-risk client, it may not be possible to massage you at this time. (If appropriate, add list of high risks for the client to see).

All consultation & consent documents can be signed & brought on the day or emailed beforehand. Please bring you own pen if you need one.

Please also bring your own water – so we do not use any glassware.

When you arrive, you will be required to take off your shoes, wash your hands (drying them with paper towels) – and walk into the practice room without touching anything.

If there are soft furnishings in the practice room, they will be covered by couch roll. Cushions and soft furnishings will have been removed.

The massage table will have been thoroughly disinfected. The linens are all clean, and you will be encouraged to wear a mask.

I will be using personal protective equipment – until the requirement relaxes. The apron may be replaced with a button up top, but I will wear gloves and a mask.

The reiki session will continue as per usual, though I would recommend not chatting to avoid droplet formation.

Payment ideally should be made prior to the appointment via Direct Transfer or PayPal to avoid touching card machines or money.

There will be an approximate 30-minute gap between clients, to enable disinfection of the practice space, therapy table and equipment, hallways and bathrooms etc, with enough time to dry and take effect.