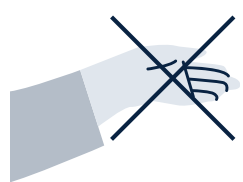
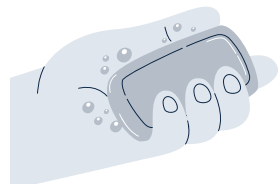


Keeping You Safe During Covid-19 Winter 2020/21

Safe Practices



We use **non-contact greeting methods** like air hugs and welcoming gestures



Hand sanitizing and shoe removal area before entering treatment rooms



Disinfecting periods between all services



Mask wearing required for providers and clients (clients in most cases)



UV-C air ventilation in massage rooms and Pilates studio.

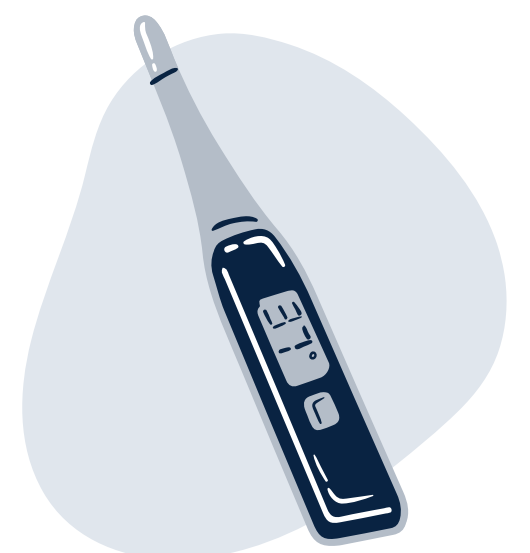
We take these additional measures to keep everyone healthy and safe

Pre-screening survey is required and reviewed before all appointments.

Credit Card capture with online booking is used for no-contact checkouts. CC can be replaced with a gift certificate or package on file at checkou

Physical distancing in common areas. We keep total office capacity below 10 individuals at all times.

Temperature check both provider and client at the beginning of all sessions. Temps over 100.2 will be rescheduled



Safer at home

- **STAY HOME** if you or a household member is **feeling sick** or symptomatic
- **STAY HOME** if you, a household member or guest **has traveled on an airplane** in the two weeks prior to your appointment



Limit Belongings

We ask that you contain all belongings in one small bag or purse. Please **bring your own water bottle** to your session.

