

Notice to all Clients

In light of the ever-evolving COVID-19 situation, My bodywork sessions will look a little bit different. I am taking the safety of my community very seriously and following protocols that may be stricter than the CDC advises. I will be taking all necessary precautions to maintain a clean environment and minimize the risk of spreading Covid-19.

Please note that I am USUALLY the only person working when I am in the studio. In the unlikely event that someone else is using the space, we will remain distanced from anyone else who is working or receiving services.

I understand that this puts a limit to how accessible the services are and am working towards providing the most accessible care with everyone's safety in mind.

Safety Protocols Include:

- Requiring that all clients to have updated vaccinations for COVID-19
- Requiring that all clients correctly wear an appropriate sized face mask that covers their nose, mouth and chin at all times in the space.
- Providing well-fitting face masks for clients who do not have one upon arrival.
- Asking clients to sanitize or wash their hands as soon as they enter the space.
- Requiring all guests to limit personal belongings they bring inside the building to essential items only. (phone, keys, wallet, water bottle, one bag.)
- Prohibiting all food and drink (with the exception of personal water bottles and anything that is medically necessary)
- Encouraging all clients to bring their own water bottle.
- Asking clients to limit activity with high risk of exposure before their session.
- Requiring clients to reschedule if they feel unwell in any way or have been exposed to or are exhibiting symptoms of COVID-19.
- Only allowing one unaccompanied client in the space at all times*. (If you require a carer this must be discussed prior to making the appointment.)
(*one colleague may have overlap in their schedule but we do our best to keep our distance and sanitize common areas.)
- Regularly sanitizing tools, massage tables and common surfaces (door knobs, counter tops, sinks, seats etc) before and after each client.
- As always, the sheets I use will be stripped and laundered thoroughly after each use.
- I will continue to wash my hands thoroughly and/or use hand sanitizer before and after each client and when there is a chance of any cross contamination.

If you have any questions, concerns or suggestions, please feel free to reach out via messagebymercedez@gmail.com or messagebymercedez.net/contact

Best,

Mercedez Gonzalez