



Please adhere to the following rules.

### Bookings

- Book an appointment ONLINE or use your OWN pen to select a remaining time slot.
- If you would like to book an appointment for another day, this is possible through prepayment ONLINE.
- PLEASE DO NOT book an appointment if you are sick

### Inside the practice

- Please come on time
- Wear a mask during your appointment
- Take off your shoes before entering the practice
- Disinfect your hands as soon as you enter the room
- If possible, do not touch anything inside the practice
- Maximum of 1 person in the practice (+ accompanying person for minors)

### On the terrace

- A maximum of 2 people on the terrace
- To avoid contact with other people, please enter the terrace via the steps and leave via the ramp.



## Health and hygiene protocol for treatments, massages and yoga - against COVID 19

### Treatment and massage room:

- The treatment room is designed so that the customer does not have to touch anything, especially the door handles for which I have sole authorization to touch.
- Sheets and towels will be machine washed at 60 ° C
- Hydroalcoholic gel for hand disinfection is provided.

### Disinfection of the work environment:

#### \* Before / after each treatment and massage

- Disinfection of all touched objects: door handles, chair, electronic payment methods ...
- Disinfection of the massage table with special attention to the headrest.
- Ventilation of the room between treatments.
- Change of all fabric materials.

#### \* Nightly:

- Ventilation and complete cleaning with disinfectants: floors, furniture ...

### Ergonomics and work clothes:

- Strict separation of clean and dirty laundry.
- Change of shirt when the garment has been in contact with the customer;

### Cleaning techniques:

- Use of medical disinfectant for the table and the surfaces
- Floors are disinfected
- Washing laundry at 60 ° C.
- Waste (wipes, paper towels / hands, handkerchiefs, etc.) and disposable items (mask, head protection, etc.) are thrown into a container with a bag specially designed for this purpose and is emptied daily.

### Customer reception:

- Book online or on-site (register after hand disinfection using your own pen)
- The chair, which serves as a waiting seat, is disinfected after each customer.
- No crossing of customers. Entry via the steps, exit via the ramp
- Adaptation of the schedule for hygiene measures and ventilation time of the room.
- Customers are informed about the measures taken: online (website) and on-site

(notice, poster, etc.)

- Customers are advised to avoid unnecessary contact with objects and the environment.
  - Hand disinfectant gel is provided and should be used when entering.
  - Storage chair for clothes.
  - Take off shoes on the terrace before entering the practice
  - Payment: bank card, check (disinfection of the CB device, pen after each customer).
- The customer must deposit cash payments in a box provided for this purpose.

Wearing the mask, the practitioner and the client:

- Practitioner wears an AFNOR mask.
- Mask for customers are advised, if he/she is not equipped, disposable masks are available for 1 euro. In the event of a rejection by the customer, I reserve the right to cancel the treatment
- Masks are changed every 3 hours

Treatments and massages:

- As usual, I carefully wash and disinfect my hands immediately before and after the massage or treatment.
- The client keeps his / her mask on throughout the massage, even when the face is in the headrest.
- I avoid mobilization movements from body to body and generally any technical gesture that causes me to reduce the distance between my head and the client.
- I don't massage the front of the head and the face.
- The head and face massage and the AYTМ treatments are not available this year.
- Maximum 1 person inside the practice (except minors)

End of treatment:

- Hand disinfection of the customer before leaving the practice.
- Customer contact details (email / tel.) are recorded in case contact tracing is needed because of a possible transmission chain.
- The customer is asked to notify the practitioner if he / she gets sick

Yoga

- 2 m distance between each yoga mat
- No physical contact while giving adjustments
- Maximum number of participants must not be exceeded, registration via SMS, email, on site.
- Participants MUST use their own yoga mat / towel
- Yoga mats are disinfected after every class by participants
- Students contact details (email / tel.) are recorded in case contact tracing is needed because of a possible transmission chain.

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