



POLICY AND PROCEDURE UPDATES RELATED TO COVID-19 SAFETY- 12/21

Mindful Muscles will operate with these changes to standard policies and procedures to protect staff and client safety.

*****Please wear a facemask to your appointment.***

Late Cancellations:

The late cancel policy is in effect.

Please allow a 24 hour notice for cancellations, otherwise a \$50 fee will apply.

If your cancellation is due to flu/cold like symptoms, the cancellation fee will be waived if you reschedule for a later date.

Arrival Procedure:

When you arrive at the studio, you will be asked a set of screening questions. Please wear a facemask to your appointment. Hand sanitizer will be provided.

In session:

The therapist and the client will wear a facemask for the duration of the session. While the client is lying face down, they will have the option to remove their facemask and use a folded pillow case draped under the head support as a mask instead.

Post Massage: If you develop symptoms of illness or test positive for COVID-19 within 1 week of your massage session, please call the studio.

Cleaning Protocols:

Mindful Muscles continues to be diligent in providing a clean environment for each client. Clean linens and massage equipment have always been provided; in addition, high contact areas such as chairs, door handles, and tables will be cleaned after every client and air purifiers will be running continuously.

Please call or email with any questions or concerns. Thank you.

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