

Massage Therapist – Opening

- Wash hands for at least 20 seconds using soap and water
- Use EPA registered hospital grade disinfectant wipes on doors and handles of designated working rooms for the day
- Use EPA registered hospital grade disinfectant wipes or spray on massage table and let air dry
- Use EPA registered hospital grade disinfectant wipes or spray on any product bottles to be used and let air dry
- Disinfect work space/cart and equipment thoroughly using an EPA registered hospital grade disinfectant
- Turn on towel warmer, bottle warmer, and hot stone warmer
- Remove stones and/or implements for first services from closed containers and spritz with alcohol before placing where needed; do not wipe dry
- Count towels, linens, and cotton goods to be used in first service and set out
 - make up the massage table, placing an extra hand towel or protective disposable cover over the head rest
- Keep extra towels accessible in a closed container or drawer
- Prepare disinfectant soaking solution for the day while wearing gloves
 - Refer to instructional video for proper removal of gloves
- Use a disinfectant wipe on the cap, opening, and handle of the bottle prior to pouring
- Set out any bowls and containers for first service if applicable, and spritz with alcohol; do not wipe dry
- Measure out products for first service
 - Use a disinfectant wipe on the caps, pumps, and bottles prior to handling
- Use hand sanitizer and let dry on the skin for 20 seconds before rolling damp towels to be placed in hot cabi
- Disinfect handles of linen and towel storage cabinets with an EPA registered hospital grade disinfectant
- Disinfect your holster and buckles with an EPA registered hospital grade disinfectant that is safe for the fabric
- Place any pump bottles with product in your holster, disinfecting the pumps prior to positioning as you need them
- Don shower cap, face mask, and protective eye wear prior to beginning service
 - Ensure your face mask is clamped securely over the bridge of your nose, and that the draw strings have been pulled in so that the mask rests flush against your face along all edges
- Wash hands as a last step and set out tent cards to let your clients know you've disinfected your rooms prior to their arrival

Massage Therapist – Maintenance

- Refrain from touching your face and from shaking hands with clients
- Disinfect work space, equipment, and table in between clients
- Wash and disinfect any used implements and bowls after every service
 - Have a spare set of frequently used implements or stones to use alternately on clients while one set is soaking and drying properly
- Use a disinfectant wipe on all used product bottles and containers
- Disinfect doors and all touched handles (including cabinets) in between clients

- Remember, not everyone will touch a door in the same spot, so be sure to wipe down the entire length of the door with a disinfectant that is safe on the material
- Wash hands before and after every client; do not just use sanitizer
- Wear gloves to flip linens and do laundry
 - Hold linens away from your person so as to reduce contamination of your own clothes
 - Refer to instructional video for proper removal of gloves
- Change your face mask every 6 hours to reduce build-up of moisture within the mask
- Dispose of biohazard and sharps materials in the correct containers, while wearing gloves
- Count supplies and linens needed for every following service
- Change disinfectant solution if it appears soiled
- If removing your holster, be sure to disinfect it again before putting it back on
- Do not under any circumstances leave dirty dishes in the break room area; wash all dishes and utensils immediately after use and put away in storage cabinets

Massage Therapist – Closing

- Wash hands after last client
- Disinfect all doors and handles using an EPA registered hospital grade disinfectant
- Wear gloves to take all remaining soiled linens to laundry room
 - Refer to instructional video for proper removal of gloves
- Disinfect table, work space/cart, and equipment with an EPA registered hospital grade disinfectant
- Turn off and empty towel warmer and wash inner towel tray and water tray
- Disinfect outside and inside of towel warmer and spray both trays with alcohol
- Turn off bottle warmer and hot stone warmer, and remove any residual oil or spots of water first with a normal cleaner
- Disinfect the bottle warmer and hot stone warmer with an EPA registered hospital grade disinfectant
- Wash and disinfect all used implements and bowls, and then place in a closed container for storage
- Use an EPA registered hospital grade disinfectant wipe to clean all product bottles and pumps that are stored in the room for use
- Disinfect your holster and buckles with an EPA registered hospital grade disinfectant that is safe for the fabric
- Place all applicable implements in sterilizer according to state board or certification board regulations, and then place in a closed container for storage
- Dispose of disinfectant soaking solution and wash soaking containers thoroughly with soap and water; dry completely and put containers away in cabinets
- Check that the sharps box is emptied and closed properly, and then disinfect the container with an EPA registered hospital grade disinfectant
- Wear gloves to properly dispose of sharps box waste, biohazard container waste, and trash
 - Refer to instructional video for proper removal of gloves
- Put all clean laundry away in closed storage units for next day use
- Disinfect all towel and linen storage cabinets
- Sweep and mop floors in all working rooms
- Check supplies and let manager know when to order necessary PPE and other supplies
- Wash hands as a last step