

Covid-19 Update

Thank you for visiting my website and checking in on where we are with Covid-19 rules.

Sensitive Soles Therapies continues to work from the treatment room at The Osteopathic Consultancy in NR3, and following government and industry guidelines since July 2020.

Natalie has carried out Risk Assessments and made changes, to ensure restrictions and guidelines are being met and clients feel comfortable, in a safe environment.

Changes made for Sensitive Soles Therapies:

- Appropriate personal protective wear will be worn by Natalie at all times
- **Indian Head Massage is back on the menu**
 - appropriate grade 2 face dower and visor will be work by Natalie, as close contact work
- **Combined treatments are back on the menu**
 - appropriate grade 2 face dower and visor will be work by Natalie, as close contact work
 - treatments are restricted to 1 hour treatment time
 - consultations/updates to be done via telephone prior to treatments
 - cost is slightly reduced, to take into account 15 minutes less than normal
 - Combined Treatments are as follows:
 - Indian Head Massage & Reflexology
 - Indian Head Massage & Indian Foot Massage
- **AromaFlex will only be offered to clients who have gone through the consultation for AromaFlex with Natalie previously** – no new AromFlex clients
 - unable to offer to those wanting to try for first time, due to 1 hour session restriction
 - client will no longer handle essential oils bottles, during the interactive section
 - Natalie will hold bottles close to client, so they can smell each of the oils
- **The NHS QR code is available for you to scan in the clinic reception**
 - you will need to have downloaded the app to your phone, prior to visiting the clinic

See “Nats Rules” and “For Your Information” below, to see what else is happening, to ensure things run smoothly...

Natalie x

Nats Rules

- ❑ Assessments/checks take place before your appointment
- ❑ If you or someone you have been in contact with is showing CV19 symptoms, please defer your treatment
- ❑ If you or someone you are in contact with are on the vulnerable list, please do not book an appointment (yet)
- ❑ Do not arrive early - waiting in reception is not an option
- ❑ Attend your appointment on your own
- ❑ Sanitise your hands upon arrival & departure
- ❑ Wear a face covering to your appointment
- ❑ Payment by cash (exact amount) or bank transfer
- ❑ Each session must last no longer than 1 hour

For Your Information

- ✓ I will be wearing a face covering - replaced between clients
- ✓ There will be a box to put ALL your personal & outdoor items
- ✓ Minimum of 30 mins break between each client
- ✓ Room cleaned and aired between each client
- ✓ No appointment cards - appointment will be sent via text
- ✓ No leaflets - see website for treatment information
- ✓ Pens also cleaned if used for new clients signature etc
- ✓ If you feel more comfortable bringing your own towel, please do - I will not be offended (please let me know prior)
- ✓ Throws will start to be used again shortly
 - again, if you prefer to bring your own, please do
- ✓ Please bring your own water - unable to offer at present