

As of July 1, 2021 Governor Grisham has modified the Covid-19 restrictions for the general public. As a health services provider, we are not released from the previous masking, cleaning and spacing protocols. Listed below is the protocol we will require for all sessions in our office.

Massage hours and spacing are as follows: **Tues, Wed, Fri, Sat. Sessions will be scheduled at 10am, 12pm, 2pm and 4pm. Our prices and sliding fee policy are changing slightly:**

We have raised our rate for a treatment to \$80.00 (self-pay at time of service) and \$140.00 (for a session billed to 2<sup>nd</sup> party payors). If you are able to pay more for your session, we would greatly appreciate it, as it offsets the cost of our sliding-fee scale. We use this scale to help those who would otherwise be unable to afford treatment.

The sliding-fee scale has been adjusted as follows: the minimum charge for a session will increase to \$30 and you can pay any amount you can afford between the \$30-80 at the time of the treatment.

There will be an added charge for any products which go home with you.

You can pay with cash, a check, or a debit/credit card (8.4375% tax will be added to the charge with cards).

Below is the specific Covid-19 protocols when coming for a treatment:

- You must be symptom free of any type of infection and have no known contact with anyone who is sick with the virus within 3 days of your appointment. There will be no charge for a cancellation if it is due to the possibility of infection.
- Come clean/showered or let us know you need to use our shower to clean up before your session begins.
- Don't run errands between showering and arriving for your session
- Wear a mask (we will be wearing masks and gloves in our pre-session contact with you and a clean mask and shirt for each session)
- Call or text when you get here and wait outside until one of us comes out for you or texts you to come to the door, as we will be making sure the office is completely disinfected and aired out after the last client leaves.
- You will get your temperature taken and must sign the attached waiver before you come in the office.
- Upon entering you must remove your shoes and wash your face and hands in the bathroom.
- You must remain masked during the entire session. You can wear your own mask, or a clean face covering will be provided to you for use during the treatment. We have a 'facial dam' which allows you to safely remove your mask and be face-down on the massage table for that portion of the session, but for the face-up portion, intake, discussion, etc., a face mask must be worn while you are in the office.
- Only the person receiving the treatment will be allowed in the office unless the client is a minor, disabled or has a significant reason for needing an advocate with them. The advocate will have to comply with the above protocols and sign a waiver.
- If you become aware after your session that you had a known exposure to a Covid-19 positive person within the 3 days before your treatment, you are requested to inform us on our office line (505-473-3053) as soon as possible.