

health and safety

in the Massage room:

- please don't be offended if I ask you the following:
 1. do you have a sore throat, fever or cough?
 2. have you been overseas within the past 2 weeks?
 3. has anyone in your family or workplace been unwell recently?
- there is a Hand San Spray for you to use
- I may choose to wear a mask & or gloves during your massage
- please let me know if you do/do not want me to wear gloves &/or a mask
- any additional physical contact will be restricted to a brief physical assessment (if needed)
- please advise if you do not want any neck work done during your session today