Greetings. 6-19-2020

I am sending my thoughts of health to you and your loved ones. Massage therapists have been given guidelines for reopening our practices while trying to mitigate the spread of COVID-19. Months have passed since we began to shelter in place in Washington State. I am hopeful I can reopen and start receiving a limited number of clients starting July 1st.

Please know that I have taken advantage of this time to prepare my massage practice to provide the highest level of safety and sanitization. I will have documentation for you to read prior to your session about our office sanitation and hygienic practices but in summary I have invested in high quality disinfectants for my office. Sanitization includes all the frequently touched surfaces, bathroom, table, cushions, bottles, and devices. I will be changing clothes or wearing fresh scrubs and facial masks for each massage session. Freshly cleaned linens and rigorous hand washing has always been a part of the hygienic routine at the office.

I will be reducing my overall clients seen a day so I can stagger appointments to allow for extra time to deeply disinfect my office and lobby, as well as keep clients from coming into contact with each other in between appointments. As I will continue to prioritize my health and self-care including being hydrated, rested and symptom free, I will update you if there is any change before your massage session.

My practice follows the Practice Guidelines of the Federal of State Massage Boards, Dept. of Health and Associated Body Workers Association along with the CDC. I so appreciate your support, patience, understanding, and cooperation in this time. While you will some changes when you come for your next massage therapy appointment, my commitment to your safety and health is remains the same. You will notice that:

1) I will communicate with you beforehand to obtain updates on your health information and ask you specifically about your potential exposure to COVID-19. And if you or anyone in your household are ill, fevered, coughing or otherwise sick – please cancel your appointment and do not come until two weeks have passed since there have been any symptoms. There is no fee for canceling due to illness. Preview the screening questions, here <http://www.leilanimassage.com/Screening-Questionnaire_COVID.pdf>

2) When you arrive, I’ll ask you to use your car instead of the lobby for waiting. You’re welcome to text me to let me know you are waiting. When I am ready, I’ll wave you in and ask you go directly to the sink and wash your hands. You will find hand sanitizer in the treatment room for your use as well.

3) Please wear a clean face covering/mask during your time at our office and during your massage session. If you do not have a face covering, please see the options at the bottom of this message. The face-coverings are required and for everyone’s safety.

4) Please only bring necessary items, and please leave any belongings, bags, or purses (including your cell phone) in your locked car. \*\*\*With the exception, at Kent office this practice would be replaced with only resting bags/phones/belongings in the designated place.

5) Please arrive at your massage session freshly showered in unscented soap and in clean clothes. If you cannot shower beforehand, just let us know we have a shower available in the client restroom at the Burien location. Please refrain from using perfumes, colognes and scented products as some people including Leilani are allergic to chemical toxicants.

6) Please schedule your next appointment via text, email or phone calls.

7) For payment, please bring your payment if it is cash or check already made out to go. If you are paying via debit/credit card/flex spending card, we can still accept your payment, but we will encourage you to pay either over the phone or through PayPal to leilani@leilanimassage.com

8) Before each session it will be required that we have pre-screening check in about possible symptoms and updated health intake. To preview it you can read through it here <http://www.leilanimassage.com/CheckInScreening_COVIDProtocol.pdf>

9) And lastly before each session we will need an updated signed informed consent about risk of infection each time. For example: you will be asked to attest that you are symptom free before your massage session. You can preview it here <http://www.leilanimassage.com/ABMP_COVID_HealthInformationInformedConsent.pdf>

If you have any concerns or questions about any of new mandated practices which I will have available for you to read about on my webpage here, please do not hesitate to call or email me.

I am eager to see you all and work the sheltering in place out of your muscles while providing a safe reprieve for you from this challenging time. However, I totally understand if you want to wait until the public health crisis is in a better place before coming in for a massage therapy session.

During this time, I made a gentle seated stretching video and how to do self-massage with a foam roller video for self-care; you can find links to them here <https://www.facebook.com/LeilaniMassageandDesigns>

Please do not hesitate to let us know if you have any concerns or questions about our routine and hygiene practices at our office. Thank you so much for your trust and loyalty. I look forward to welcoming you to a therapeutic touch environment.

Be well and stay safe.
Yours in Health,
Leilani

206-914-3885

leilani@leilanimassage.com

PS. Face covering options if you do not already have some, I will have a limited number of reusable washable fabric masks I have sewn available for purchase. They take me an hour to craft and have a pocket for filter material and cost $20-35 sliding scale and an additional $10 for homemade filter material.

Or If you would like to order several masks for yourself and your family, I can also recommend local vendors like this one in Seattle [https://www.etsy.com/shop/PeriodCorsets](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.etsy.com%2Fshop%2FPeriodCorsets%3Ffbclid%3DIwAR3Sw9clgFDa-qpqvez_fKyqlCMHwHnnB5NHAvUvTg1he-C-KIl5INv5l9w&h=AT00fsqpYpPcYBZYpS8koZKZRDeXM7zN25AaHO1IAgaHxaHlhJsP_JMmGFfv-0ud8qLwxb54k0xk8yyeG2kwNnagbAiPoz_rmf4WUekYljFCwXsnhuHNsy1p5bi1y1A_Esk)

How to put on and take off [https://www.sfcdcp.org/communicable-disease/healthy-habits/how-to-put-on-and-remove-a-face-mask/](https://www.sfcdcp.org/communicable-disease/healthy-habits/how-to-put-on-and-remove-a-face-mask/?fbclid=IwAR0CM2t3GXzeBgUQbwrZkseFEpkjAyZTfQ5J4Ihbney8SUeeVfXeDjR_QzI)

How to wash your fabric masks [https://www.romper.com/p/can-you-wash-a-face-mask-after-using-it-heres-how-to-do-it-right-22811653?utm\_medium=pro&utm\_source=facebook&utm\_campaign=fbpromalfe22811653&fbclid=IwAR3Ad4Mx9MQxH7VgOLOhuwVNfFLmNq6UNo49lTeUcBa1deL1y5E4ITYjxeQ](https://www.romper.com/p/can-you-wash-a-face-mask-after-using-it-heres-how-to-do-it-right-22811653?utm_medium=pro&utm_source=facebook&utm_campaign=fbpromalfe22811653&fbclid=IwAR08HsN5YvvGsbpauJAeUkbJJzwVbyZTcsgGUs6TacnJijRHXrkBv19w4gg)

Read more about new client protocols, new office equipment and office sanitation practices here <http://www.leilanimassage.com/newprotocolsandequipment.docx>