

**Face Body Spirit**  
**COVID-19 Safety Protocols**  
(Updated 5/15/22)

Even though the state of NH has lifted some restrictions, we feel it necessary to adhere to “safe” massage therapy guidelines and continue to wear masks during our services. The following are the protocols we adhere to:

\*Please wear a mask/face covering or we can provide you with one. Hand sanitizer or soap and water will be available to freshen up.

\*We allow extra time between appointments for all surfaces to be cleaned and sanitized. All linens/blankets are changed. We use a HEPA air purifier with virus-removing filters, which remains on at all times.

\*We strictly use only cleaning and disinfecting products that have been EPA-approved for coronavirus SARS-CoV-2.

\*As mentioned, we are asking that you (and your massage practitioner) still wear a mask. When you are facing down on the treatment table, you may remove your mask, as we will create a pillowcase hammock to catch your aerosols. It protects, yet allows you to breathe if that's more comfortable for you.

\*You will need to review and sign a COVID-19 liability waiver prior to your session.

\*Please do not schedule an appointment within 10 days of traveling to areas of high COVID-19 impact or traveling internationally. If you or someone in your household is awaiting a COVID-19 test result, please do not book an appointment for at least 10 days. If you are fully vaccinated this may not apply to you.

Thank you!

Claudia & Andrea