New client protocols for each massage therapy session:

* Both client and practitioner wear clean mask. Client wearing face mask from arrival, throughout session (best as able with alternatives for prone breathing positions) and entire time in office. Therapist wearing prior to and throughout session, and during post-session sanitation
* Prescreening health check-in and updated health info and conversation about potential COVID-19 exposure each time
* Requesting client shower the day of the massage and wear clean, freshly laundered clothing, preferably with unscented laundry and shower products
* Lobby is closed and clients wait in their car until appointment time
* If possible, pay using credit/debit/hsa, via venmo or paypal prior to or after the session remotely or have check/cash ready prior to arrival. Venmo @LeilaniDavenberry or PayPal at leilani@leilanimassage.com
* Clients go directly to handwashing area immediately upon arrival
* Preference for booking appointments and scheduling via text or email, as lobby is closed
* Using designated places for resting keys, phone, and clothing

New office equipment you may notice:

Touchless soap dispensers

Air purifier in treatment room with true HEPA filtration, ionization and UV light

Touchless hand sanitizer in treatment room available for client use

Single-use towel in bathroom

Handwashing and hand sanitizer signs posted at sink and treatment room

“Close toilet lid” sign

Close-lidded trash cans

Closed lid style laundry bins

Impervious covers for table heater, pillows, furniture, table, and office equipment.

Contactless thermometer

Pulse oximeter

New ADA compliant hydraulic massage table in Burien

Protocols I am following in my office and as your massage therapist:

* Clear communication available in variety of formats including my webpage
* Strict frequent handwashing of 20-second duration or longer
* Cleaning all the frequently-touched surfaces in between EACH massage session with commercial-strength cleaners including: my cell phone, pens, door knobs, light switches, stools, tables, chairs, oil & sanitizer bottles, contactless thermometer, oxygen meter, cushions, sinks, faucets, bathroom fixtures, laundry bins, massage table, massage bolsters, and wiping down the floors in treatment room, etc.
* All laundry is single-use and washed in hot soapy water and machine dried
* Each client, in addition to receiving clean fresh linens, will also only come in contact with a freshly laundered massage apron. For EACH massage session I will be wearing a clean scrub cap, mask, apron and scrubs or smock dress. After the session and sanitizing the office, I will remove the used massage apron and it will be laundered before use again.
* Less appointments in a day and staggered massage therapy sessions so there is less chance of client overlap and more time for cleaning and airing out the office and treatment space.
* Ventilating reception area and treatment room in between sessions with fresh air
* Taking my temperature in between each session and my oxygen level every day
* Pre-session health screening for client including using a contactless thermometer and oxygen saturation through a fingertip pulse meter as well as obtaining client attestation and consent forms.
* Daily spraying down surfaces including laundry baskets, trash cans, table base, and floor cleaning with commercial cleaners
* Wearing and using (cleaned according to manufacturer) face masks, face shields, and gloves as needed
* Linen management: close-lidded designated for used-linen hampers, masks for handling used linens, and strict handwashing for linen protocols
* Deep cleaning restroom at end of the day
* Maintaining my practice in accordance with guidelines of the Federation of State Massage Therapy Boards (FSMTB) along with the CDC and WA Dept. of Health and Associated Bodyworkers Massage Professionals Association

Last updated 4-24-2023