

AND SUDDENLY YOU
KNOW: IT'S TIME TO
START SOMETHING
NEW AND TRUST THE
MAGIC OF BEGINNINGS



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Reflexions of the Sole is open for essential needs

This time calls for Wisdom, Caution, Courage and Compassion.

You are welcome to attend bodywork sessions if you meet the following criteria:

- You have not been exposed to the flu
- You do not have a cough, cold, or fever
- You are not in a high-risk category
- If you have traveled, you have self-quarantined for at least 14 days

The scheduled sessions will be spaced appropriately to avoid close contact to other clients, and adequate time to disinfect all client areas, including bathrooms, doorknobs, devices, containers, etc...

My commitment to keeping clients safe

• Force of Nature Appliance

It turns tap water, using a capsule of salt, water and vinegar, into a cleaner and disinfectant. It's on the EPA's list of Disinfectants for use Against SARS-CoV2, the cause of COVID-19.

• Ozone Generator

Ozone gas has been proven to kill SARS coronavirus, backed by more than 17 scientific studies. The ozone generated from normal air becomes a disinfectant covering up to 1500sf. Viruses have no protections against oxidative stress. The ozone disinfection is performed in an empty environment; at the end of the workday following client sessions.

• No overlap of clients in the office

Client sessions will be spaced so that each client will have the office to themselves. It translates to each client entering into a fully disinfected office.

• Wear a face mask & discretionary gloves

Protecting you from me.

Client commitment

• Remove shoes in reception area

Our shoes tend to be forgotten when we're practicing disinfection.

• Body temperature reading

#1 contraindication to massage is a fever. 100.4°F indicates an infection in the body.

• Wash hands before leaving home AND before you lie down on the massage table

All door handles and surfaces upon entering every room of the office will be disinfected for your arrival.

• Wear a face mask to your session

The biggest advantage of wearing a face mask is protecting others from you. In these current times, it is advised in the event you are asymptomatic with the COVID-19 coronavirus.

• Hand drying with laundered washcloths

No more communal towel... ever!
Use the washcloths in the bathrooms or the disposable paper napkins. Place used washcloths in the designated basket under the sinks.

• (Optional) Pre-pay up to 3 sessions with credit card

Minimize cross-contamination at checkout