

Important New Procedures for Therapy Sessions with Karin

1. All of my clients will **use the front door only**. Please **text or call when you arrive** and I will text/call you when it is time for you to come in. Wait outside the front door, please do not touch the handle, and I will open it from the inside. We will go directly to my treatment room.
2. **Masks are required as you enter the building** and if you use the restroom. Once in my treatment room we can discuss the use of masks individually.
 - i. -I intend to wear a mask when I am working near your head/face. Otherwise, I may opt to lower my mask during the session. If this is unacceptable to you please discuss with me and we will make appropriate changes.
 - ii. -Clients may keep masks on or off during treatments but are required to wear masks while in the other areas of the building.
3. We will try to keep talking to a minimum during sessions.
4. A pillowcase will be used under the face cradle and washed immediately after session.
5. A plastic cover that can be disinfected will be placed between table sheets and the comfy table warmer and memory foam... sorry for the crinkling!
6. There will be 30 minutes between appointments for extra cleaning and disinfecting.
7. I've invested in a Hepa Air Filter with UV light which may help to kill bacteria and viruses in the air.
8. At the end of the session I will knock on the door to return to the room. Please avoid touching doorknobs as much as possible.
9. No hugs  (I know, I really don't like this one.)
10. If you can have a check or cash prepared before coming it will decrease the use of pens, table tops, etc. If you need to use a credit card we will work out the best way to do so without too much touching!

I will not be taking any new clients for the next couple months but I welcome back any/all of my prior clients! I encourage you to take precautions, particularly if you are in the higher risk category. Talk to your doctors if you are not sure whether to schedule with me or not. I also ask that **if you have ANY possible viral symptoms, PLEASE DO NOT COME IN!** The NC Massage Board directs us to send you away if there is fever, coughing, sneezing or sniffing (even if it might just be allergies).