

Masks are required throughout sessions.

Each client is screened prior to coming to their session for COVID signs, symptoms, or possible exposure—any “YES” answers to the COVID screening questions will require the client to reschedule at a later date to ensure that our facility remains COVID-free.

Currently, the State of Maine requires us to ask:

- Have you had a cough or a sore throat?
- Have you had a fever or do you feel feverish?
- Do you have shortness of breath?
- Do you have a loss of taste or smell?
- Have you been around anyone exhibiting these symptoms within the past 14 days?
- Are you living with anyone who is sick or quarantined?
- Have you been out of state in the last 14 days?

Both the Massage Therapist and the client must wash their hands prior to the session.

The room will be cleaned with disinfectant between each session.

Time will be scheduled between appointments to air out the room, remove linens, and wipe down items in the room.